

NEW YOU

New Body

Spiritual reasons to take care of your body

1. God made your body

Psalms 139:13 For you created my inmost being; you knit me together in my mother's womb. (NIV)

1 Corinthians 3:16-17 Don't you know that you yourselves are God's temple and that God's Spirit lives in you? ¹⁷ If anyone destroys God's temple, God will destroy him; for God's temple is sacred, and you are that temple. (NIV)

2. Jesus paid for your body

1 Corinthians 6:19-20 Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰ you were bought at a price. Therefore honor God with your body. (NIV)

3. The Holy Spirit lives in your body

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Proverbs 4:20-22 My son, pay attention to what I say; listen closely to my words. ²¹ Do not let them out of your sight, keep them within your heart; ²² for they are life to those who find them and health to a man's whole body. (NIV)

1. Watch your diet

Philippians 3:19 They are headed for destruction. Their god is their appetite, they brag about shameful things, and they think only about this life here on earth. (NLT)

Proverbs 23:20-21 Do not carouse with drunkards or feast with gluttons, ²¹ for they are on their way to poverty, and too much sleep clothes them in rags. (NLT)

1 Corinthians 6:12 "Everything is permissible for me"-but not everything is beneficial. "Everything is permissible for me"-but I will not be mastered by anything. (NIV)

2. Be committed to exercising regularly

1 Timothy 4:8 “Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.” (NLT)

3. Rest your body

Exodus 20:8-11 “Remember the Sabbath day by keeping it holy.
⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates.
¹¹ For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.
(NIV)

4. Fear the Lord

Proverbs 3:7-8 Do not be wise in your own eyes; fear the Lord and shun evil. ⁸ This will bring health to your body and nourishment to your bones. (NIV)

Proverbs 14:30 A heart at peace gives life to the body, but envy rots the bones. (NIV)

3 John 1:2 Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (NKJV)