

Stewardship: Health | 1 Timothy 4:8

...for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

What is the purpose of stewarding health?

1. Godliness

- a. Fighting idolatry and enslavement;
- b. Self-control;
- c. Sober-minded;

2. Faithfulness

- a. Fruitful;

3. Realities of the heart of our physical health

- a. The fall has affected our physical death. As a result, death and disease exist until glory with Christ;
 - i. "For we know that the whole creation has been groaning together in the pains of childbirth until now. And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies." (Romans 8:22-23)
- b. Physical health is secondary to the kingdom of God;
 - i. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. (Matthew 6:30-33)
- c. We should desire a long life, but for the purpose of fruitfulness
 - i. "For to me to live is Christ, and to die is gain. If I am to live in the flesh, that means fruitful labor for me. Yet which I shall choose I cannot tell. I am hard pressed between the two. My desire is to depart and be with Christ, for that is far better. But to remain in the flesh is more necessary on your account." (Philippians 1:21-24)

Why should we steward our health?

1. Gospel advancing

- a. Meanwhile the disciples were urging him, saying, "Rabbi, eat." But he said to them, "I have food to eat that you do not know about." So the disciples said to one another, "Has anyone brought him something to eat?" Jesus said to them, "My food is to do the will of him who sent me and to accomplish his work." (John 4:31-34)

2. Bring glory to God

- a. "Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body." (1 Corinthians 6:19-20)

3. Humility

4. Holistic

How do we steward our health?

1. Pursue godliness

2. Apply wisdom

- a. "By sparingness in diet, and eating as much as may be what is light and easy of digestion, I shall doubtless be able to think more clearly, and shall gain time."
(Johnathan Edwards)
- b. "The condition of your body must be attended to...a little more...common sense would be a great gain to some who are ultra spiritual, and attribute all their moods of feeling to some supernatural cause when the real reason lies far nearer to hand. Has it not often happened that dyspepsia (indigestion) has been mistaken for backsliding, and bad digestion has been set down as a hard heart?" (Charles Spurgeon)

Benediction | Romans 12:1-2

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.