

## 7. Physical Discipline (Health Matters)

Coming out of an addiction, we begin to realize how beat up we really are. Truthfully speaking, we have been slowly and steadily poisoning ourselves with substances that were not intended to be used in the quantity and capacity that we were using them in. Add to that the fact that with our priorities askew, we have blatantly neglected our physical well being. We might even concur with the declaration, “If I knew that I would be around this long, I would have taken better care of myself.” Now it seems that we are called to shift completely to the other end of the spectrum and present our bodies as a living sacrifice.

***I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.*** (Romans 12:1 NKJV)

That might sound reasonable to some, but to us it sounds absolutely absurd. The practical way to accomplish this is spoken to us in Romans when Paul says,

***Therefore do not let sin reign in your mortal body, that you should obey it in its lusts. And do not present your members as instruments of unrighteousness to sin, but present yourselves to God as being alive from the dead, and your members as instruments of righteousness to God.***  
(Romans 6:12-13 NKJV)

Add to all of that the fact that without the option of anesthetizing ourselves to feel good, we must pursue alternative ways of doing so. We seem so quick to go to the medicine cabinet for a solution because we live in a culture that has strongly influenced us to do so as the first resort. Although we accept the fact that God chooses to heal through physicians at times, He fails to be our first consideration. He does heal through prayer today, but His technique for doing so varies immensely.

While physical discipline becomes a priority, our motivation must be to glorify God and not ourselves. Joining a gym may be a plausible option for some, but for others it could be a snare that feeds their vanity. In the Psalms we hear the man of God making this request,

***Search me, O God, and know my heart; Try me, and know my anxieties; and see if there is any wicked way in me, And lead me in the way everlasting.*** (Psalms 139:23-24 NKJV). We are wise to do the same.

## 7. Physical Discipline

Meditation passage for the week - 1 Corinthians 6:9-20

1. Nutrition
  - A. God's provision is **good** and meant to be **enjoyed (Genesis 2:15-16)**.
  - B. What we eat affects our **mental well-being (Isaiah 55:1-2)**.
  - C. We are instructed to exercise **self-discipline** in all areas of our life (Romans 6:13)
2. Exercise
  - A. Physical exercise is **essential** for good health (**1 Timothy 4:8**).
  - B. Physical exercise requires **self-discipline** (1 Corinthians 9:27).
  - C. We must do all things with proper **motivation (1 Corinthians 6:20)**.
3. Scheduled Rest
  - A. Rest allows our bodies to **heal** and **replenish** themselves (Mark 2:27-28).
  - B. Observation of the Lord's Day enables us to **consider God** (Exodus 16:23).
  - C. Regular scheduled rest requires a disciplined **routine (1 Corinthians 9:25)**.
4. Restful Sleep
  - A. Sleep is a **spiritual** exercise (Psalm 3:5).
  - B. Sleep is affected by proper **mental consideration** (Daniel 2:1).
  - C. Sleep is affected directly to proper **nutrition**.
5. Healing
  1. God needs to be our **first** resource for **healing (Psalm 30:2)**.
  2. God can and does still **heal (James 5:15)**.
  3. We must use the **means** that God **directs** to become well (2 Kings 5:14).
  4. We will all be **completely** healed in Heaven (**Revelation 21:3-4**).

### Questions for Discussion

1. What bearing does eating have on our spiritual life?
2. What is the correct motivation for physical exercise?
3. What is the purpose of observing scheduled rest?
4. What factors can we control that will help us to sleep?
5. What part should God play in healing our physical bodies?