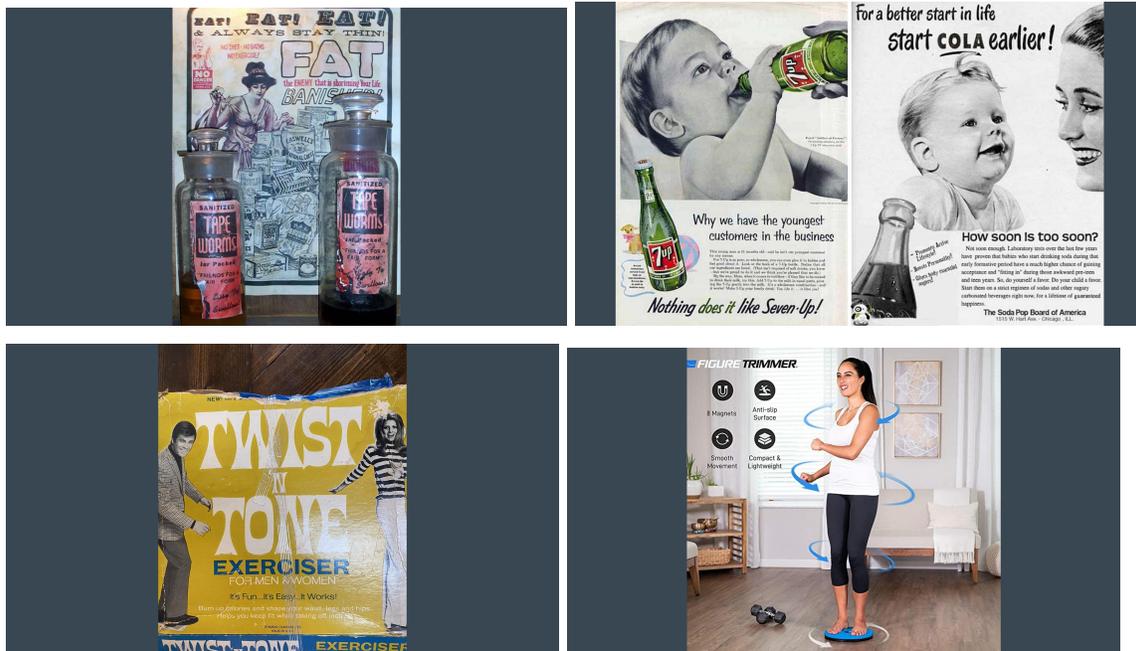


Get Real About Physical Health

October 30, 2022

The world offers a lot of really bad ideas and inventions for our health.



Psalm 139:13-16

For you created my inmost being; you knit me together in my mother's womb. 14 I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. 15 My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. 16 Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.

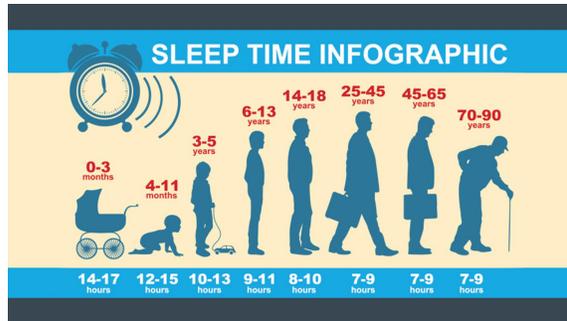
Ephesians 2:10

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

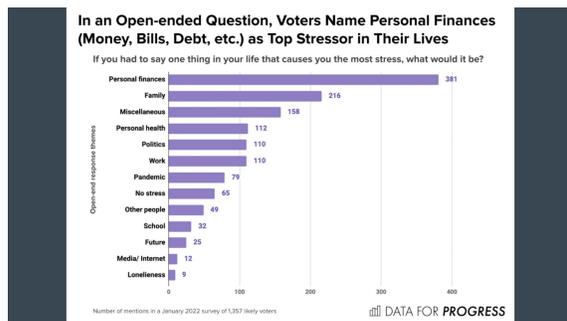
How do we see our bodies and the importance of our physical health?

Get real about the [hurdles](#) and [obstacles](#).

Sleep: Limited amounts and lacking quality



Stress: Too much and too often



Self Control: Too little and too infrequent

Proverbs 25:28

Like a city whose walls are broken through is a person who lacks self-control.

Galatians 5:22-23a

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control.

Get real about the **impacts** on our physical health

- Drains our mental abilities and affects our work performance
- Limits our capacity to fully serve and share our gifts
- Places both our physical health and life at risk

How am I honestly doing in each of these areas and how might they impact my physical health?

Get real about **taking ownership** for our physical health.

Romans 12:1-2

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2Do not

conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Some Simple Steps to Renew our Health

- Avoid large meals, caffeine, and alcohol before bedtime.
- Make your bedroom a "No-Screen Zone".
- Get some exercise and get outdoors.
- Watch what fills your eyes and ears.
- Set clear and reasonable health goals.

What steps am I ready to take and who will hold me accountable?

Proverbs 27:17

As iron sharpens iron, so one person sharpens another.

Get real about the [reward](#).

Get Real About Physical Health Resources

Stress, Sleep, and Self Control

- [12 Biblical Ways to Reduce Stress in Your Life Today](#) - Practical and biblical ways to reduce stress.
- [Holmes-Rahe Life Stress Inventory](#) - Take this practical inventory to assess your susceptibility to stress-induced health breakdown based on life changes
- [Lori Mazza's Tips for Better Sleep](#)
- [2022 Sleep Statistics from the Sleep Foundation](#)

Nutrition and Food

- [USDA website](#) and [Nutrition By Age](#) - Provide basic information related to general nutrition
- [Food Shopping and Meal Planning](#) - Helpful links for providing healthy meals on a budget
- [Diet and Health Conditions](#) - Helpful gathering of ideas and articles tailored to health conditions
- [Supplement Your Knowledge](#) - Information on the effectiveness and dangers of supplements

Exercise and Fitness

- [MOVE! Weight Management Program](#) - Helpful videos for simple and practical exercise movements
- [Stretch Break](#) - Short and simple videos for maintaining posture and flexibility at work or at home
- [Physical Activities to Do with Your Kids](#) - Fun exercises and movements for young children

Top Apps for Health

- [Sleep Cycle – Smart Alarm Clock](#)