

NO REGRETS – Making the Most of Your Body

Sunday January 28, 2007

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*“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; you were bought at a price. Therefore **honor** God with your body.” (1 Corinthians 6:19-20)*

1. Reject it

- a. The danger of obsessive **comparing** (Proverbs 14:30)
- b. The dysfunction of unhealthy **critique**

2. Perfect it

Pitfalls to avoid ...

- a. Confusing Self-love with Self-**worship** (Deuteronomy 5:7)
- b. Confusing the Temporal with the Eternal (2 Corinthians 4:16-18)

3. Neglect it

Ways we should care for our body ...

- a. Rest it ... Adequate **Sleep** (Mark 4:38)
- b. Work it ... Appropriate **Exercise** (John 4:3-5)
- c. Feed it ... **Moderate** Intake (Daniel 1:12-16)
- d. Check it ... **Medical** Input (Matthew 8:4)

Temple-Maintenance Inventory

Rest

- ✓ How many hours of sleep do you get per night? _____
- ✓ Do you get up at a regular time every day? ____ Yes ____ NO
- ✓ Do you wake up in the middle of the night unable to go back to sleep? ____ Yes ____ No
- ✓ Do you sleep during Pastor Dave’s sermons? (Just kidding) ☺

Exercise

- ✓ Do you exercise regularly? ____ Yes ____ No
- ✓ What could you start doing to increase your physical activity?

Nutrition

- ✓ According to the B.M.I (Body Mass Index) do you need to lose weight?
http://nutrition.about.com/library/bl_bmi_calculator.htm

Medical Community

- ✓ When was the last time you went to the doctor for a check-up?
