

# **WHAT DOES THE BIBLE SAY ABOUT PHYSICAL HEALTH?**

## **8 Dimensions of Physical Health**

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)

**Safeguards** - Do I unnecessarily put my or others' lives at risk?

**Diet** - Am I given to gluttonous or unhealthy eating habits?

The one who keeps the law is a son with understanding, but a companion of gluttons shames his father. (Proverbs 28:7)

**Addictions** – Do I take in substances which can harm me?

“All things are lawful for me,’ but not all things are helpful. ‘All things are lawful for me’ but I will not be dominated by anything.” (1 Corinthians 6:12)

**Hygiene** – Do I have good health habits to protect myself?

**Medicine** – Do I utilize the gift of medical wisdom?

**Exercise** – Do I use my body physically for its purposes?

The sluggard says, “There is a lion in the road! There is a lion in the streets!” As a door turns on its hinges, so does a sluggard on his bed. The sluggard buries his hand in the dish; it wears him out to bring it back to his mouth. (Proverbs 26:13-16)

**Stewardship** – Do I recognize that my body is not my own?

**Suffering** – Do I trust God when He chooses or allows for my health or life to be taken away?

“Shall we receive good from God, and shall we not receive evil?” In all this Job did not sin with his lips.” (Job 2:10)

## **Take Action & Improve Your Physical Health**

1. **Endurance:** There is no easy or quick fix.
2. **Diet:** Watch what you take in. Discipline yourself.
3. **Exercise:** Work out creatively, effectively, regularly.
4. **Rest:** Pace yourself according to God’s plan.
5. **Vanity:** Avoid living in self-righteousness.
6. **Guilt:** Avoid living in self-condemnation.
7. **Medical advice:** Seek it, take it, obey it.
8. **Addictions:** Recognize it, confess it, find help.
9. **Protection:** Protect yours and others’ health and lives.
10. **Honor** the Lord with your health.
11. **Trust** the Lord in sickness and 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.”