

## Week 3 Balanced Life

### Physical

Let's be realistic, the physical side of us provides a vehicle through which God works – our body.

If God is to use your body to its full potential He must have control of it. Every aspect – personal hygiene, grooming, health, rest, sleep, food all play an important part in the body's role for God.

Your body is more than just flesh and bones – as the bible says it is a temple that God has set aside for worship to happen from.

#### 1. Your appearance

##### 1 Timothy 4:12 (ESV)

<sup>12</sup> Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity.

Most people think looking good is a young person's thing. That is not how God looks at it. How we look after ourselves is a witness, how we look after ourselves shows our stewardship of self.

##### 1 Corinthians 6:19-20 (ESV)

<sup>19</sup> 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,  
<sup>20</sup> for you were bought with a price. So glorify God in your body.

Here is the thing – we are a temple – It belongs to God so look after it. If the Prime minister was coming to your house you would clean up a bit, make it look good. Or if you don't like the prime minister someone you deem to be important – you would make an effort.

Let's get a grip on this: God is present in our lives – He is staying at your place, so tidy up!

## 2. Self Control

Self control is another we assume that is something we need to teach our young people. Unfortunately lacking of self control is as prevalent in senior citizens as it is youth. Look at this verse.

### 1 Corinthians 9:27 (ESV)

<sup>27</sup> But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

There was a lady at a previous church we were at. She said she was old and didn't care what people thought anymore so she would just say what she thought. After a while she complained to me that people didn't visit anymore. So I said I would find out why. To my horror people said they wouldn't visit anymore because she'd turned into a nasty old woman who just criticised them all the time.

So I went back and reported my findings. We had to sit there through some tears of an old lady as she realised she needed to control the way she talked. She had lost her respected status as a lovely woman of God, she had lost her status as a senior spiritual advisor because she didn't exercise spiritual self control.

See no matter what age self control is important.

Now a lot of people assume self control to be a sexual issue. With some people it is and we need to learn control in that area. Here are some hints for that.

1. Don't put yourself in that position to be tempted Eg cars and girls and guys.
2. Don't look. (A hint - guys try to look a woman in the eyes when you talk to them!)
3. Thoughts lead to action - don't think about it. Or at least stop thinking about it! (Last week -garbage in garbage out)
4. Keep each other accountable (wives look after your husbands, husbands look at your wives)

**This all has a consequence - right living for God.**

**And**

**it's a process - you get better at it.**

**Romans 6:22 (ESV)**

<sup>22</sup> But now that you have been set free from sin and have become slaves of God, the fruit you get leads to sanctification and its end, eternal life.

Now there's a word there - sanctification.

Sanctification is =

Sanctification is the act or process of acquiring sanctity, of being made or becoming holy. ... To sanctify is to literally "set apart for particular use in a special purpose or work and to make holy or sacred."

Controlling ourselves is part of that process.

### **3. Health**

**1 Timothy 4:8 (ESV)**

<sup>8</sup> 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.

It's interesting many perceive health to be about fitness and if your fit your healthy. But all that training has some value. But there's more. One of my old coaches said " a primed athlete is one day away from a breakdown" he meant it in a couple of ways:

- A.** When you are really fit it doesn't take much to do too much and make yourself sick.
  - B.** The stress of competing and training takes a huge toll physically and emotionally.
- Philippians has something to say about this.

Stress

**Philippians 4:4-7 (ESV)**

<sup>4</sup> Rejoice in the Lord always; again I will say, rejoice.

<sup>5</sup> Let your reasonableness be known to everyone. The Lord is at hand;

<sup>6</sup> do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

<sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Right don't be anxious. What about if I suffer anxiety or depression and stuff like that.

That's ok, for many that's life and it often needs to be dealt with medically or therapeutically.

It's not saying your not relating to God right if you suffer these things, notice it says

"The lord is at hand" it's ok God's there, keep communicating to Him.

God is there in an anxiety attack, God is there when you have depression, God is there with any mental health issue just as He is there with any health issue.

I heard a talk about this once by someone who really suffered mental health issues, his idea was that the passage could be read:

Don't be stressed and created more anxiety but hand it to God, seriously giving it to God knowing He is in the process.

#### 4. Discipline

Discipline is one of those bizarre things that we assume is hard work. Yet in many ways it is just a focusing. Focusing on what has to be focused on. Look at this verse.

#### **1 Corinthians 9:26-27 (ESV)**

<sup>26</sup> So I do not run aimlessly; I do not box as one beating the air.

<sup>27</sup> But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

Wo, this discipline thing is about achieving what has to be done.

Notice the last bit. Lest after preaching to others I myself should be disqualified. Does that mean I could lose it all, faith, hope, the lot. Well that isn't the topic for today but hey, why the warning? Look at King Saul - God's man, had the Holy Spirit in his life but lost it all. Actually we are talking about it tonight. What makes us so arrogant to think it can't happen to us. Keep ourselves true is hard work, part of that is control who we are physically, being fair to ourselves physically and fitting in some physical self love.