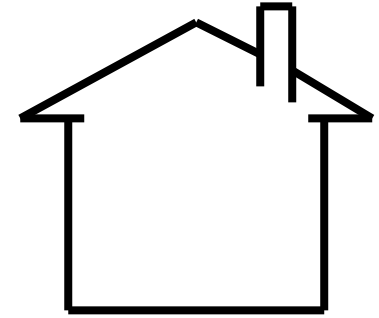


# THE CHRISTIAN HOME



9th Session

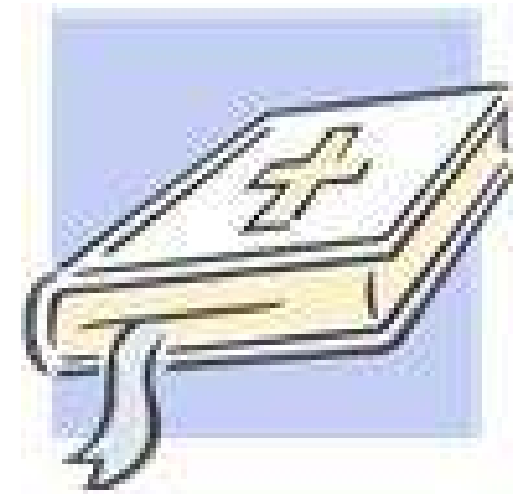
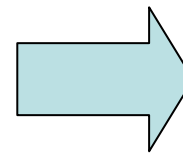
## Agenda:

- What is our responsibility regarding physical health?
  - Introduction
  - The physical in relation to the fall
  - Three major areas of responsibility: eating, exercising, & resting
  - Conclusion

# THE CHRISTIAN HOME

## ❑ Making a Christian Home

The Christian home must be built according to a precise plan...



**God's plan! The only plan that will be successful!**



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□ Review – where we have been:

- **Session 1** - The origin and purpose of the family
- **Session 2** – God’s priority in the home
- **Session 3** – What is the role of the husband and dad?
- **Session 4** – Should wives and mothers work outside the home?
- **Session 5** - What is the responsibility of parents to their children?
- **Session 6** – What is the responsibility of parents to their children...continued?
- **Session 7** - What is the responsibility of parents to their children...continued?
- **Session 8** – What is the responsibility of children?
- **Session 9** – What is our responsibility regarding physical health?



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❑ What is our responsibility regarding physical health?

*There are three major areas of personal responsibility and accountability for any person – spiritual, social, and physical. These relate to the home because of the intertwining of family relationships. All who love others want the best for them in all aspects of their life. We have already addressed both the spiritual and social responsibilities of members of the family. Physically many of the infirmities that afflict mankind have no root in personal accountability, but there are others that are rooted in personal choices and poor decisions. There is therefore*



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□ What is our responsibility regarding physical health?

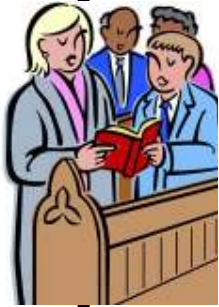
*also a physical responsibility that each of us must be aware and personally address. What affects one member of the family, either directly or indirectly affects all members of the family. This is also true in the larger Christian family and community. For example, a dad who cannot physically work to provide for his family has a major affect on the well being of the family. The same is true within the church family. A Christian who is ill will be hampered in their ability to serve the church or its members, but instead will need to be served by others. It is for this reason John made this a part of his personal prayer in **3rd John 2.***

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### □ What is our responsibility regarding physical health?

#### ○ Introduction:

- The Christian tendency to focus on the spiritual to the exclusion of the physical.
- Physical health finds its value not in itself, but as it provides the ability to serve the Lord.
- The world in contradiction to the Bible is focused largely and almost exclusively on the physical (**Mat 6:31-32**).
- Christians should constantly be aware they are under assault (**1 Pet 5:8; Eph 6:11**).
- If Satan can destroy Christian testimony, by getting Christians to be mastered by food, drink, smoking, or an undisciplined physical life that will ruin health and negatively effect testimony, he will do whatever it takes.
- Christians have a direct responsibility related to physical well-being (**1 Cor 3:16-17**).



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❑ What is our responsibility regarding physical health?

○ **The physical in relation to the fall:**

- The world of creatures around us, under the curse (**Gen 3:19**), are in a constant state of decay.
- The fact that some die before others is ultimately based in the sovereignty of God, but always associated in that sovereignty is human actions and personal responsibility and accountability (**Ecc 7:17**).
- Within the bounds of the degenerative change there are degrees of health and strength, and these are to some extent maintained or improved by the wise or foolish actions of each person (**Prov 3:1-2**).
- (**Psa 90:10**) - as with the spiritual, there is a management responsibility that each person has in relation to their own body.



## THE CHRISTIAN HOME

### ❑ What is our responsibility regarding physical health?

○ Three major physical areas of responsibility: eating, exercise, and rest.

▪ Eating as an aspect of physical health:

- Eating before the fall
- Eating under the theocracy of Israel
- Food can keep a person healthy or make them sick - **Proverbs 25:16; 27**
- The process of death is slow - **Ecclesiastes 8:11**
- obesity is more accepted today because of the affluence of our society - **Deut 21:20; Prov 23:20-21; 28:7; Titus 1:12**
- This overeating is associated with both health (**Ecc 7:17**), activity (**Prov 23:20-21; Titus 1:12**), and testimony (**Duet 21:20; Prov 28:7; Phil 3:19**)
- Men of God & Elders - **Titus 1:8, Titus 2:2**
- Being mastered - **Rom 16:18 with Rom 1:1**
- Eli – **1 Sam 4:18**





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### □ What is our responsibility regarding physical health?

○ Three major physical areas of responsibility: eating, exercise, and rest.

■ Exercise as an aspect of physical health:

- 1 Tim 4:8 is not discussing physical exercise
- Exercise in 1 Cor 9:24-27
- We cannot be engaged in good deeds to the fullest measure if our bodies are not up to the task to perform the deeds.
- The garden analogy - (Prov 12:11; 28:19; 2 Tim 2:5-6)
- The human body and human health needs a certain care and attention that cannot be ignored without problems developing (Prov 12:11; 28:19; 2 Tim 2:5-6) .
- Moses and Caleb - Deut 34:7; Joshua 14:11
- Sedentary lives require maintenance by exercise.
- The goal of exercising should be to improve our physical health so we will possess more physical ability that we can devote to living for Christ.



## THE CHRISTIAN HOME

### ❑ What is our responsibility regarding physical health?

○ Three major physical areas of responsibility: eating, exercise, and rest.

#### ■ Rest as an aspect of physical health:

- Our physical condition has a strong impact on our ability to be a blessing (**Mat 26:41**).
- When we do not rest, we cannot think clearly, cannot function appropriately, are prone to be cranky, defensive, and critical.
- Rest under the theocracy (**Ex 31:15**).
- Today, there are many trying to get ahead by physically doing more than they are capable without appropriate rest.
- Rest is a physical blessing, and within the boundaries of wisdom is essential for health both in the short term, and long term.



## THE CHRISTIAN HOME

❑ What is our responsibility regarding physical health?

### ○ Conclusion:

- Let us in all things remember that we are “ambassadors for Christ” (2 Cor 5:20), and that we are not our own (1 Cor 6:20). We are to “make the most of our time” (Eph 5:16). These admonitions are both spiritual and physical and are important for anyone professing Christ. For married couples and parents physical health is essential both in the marriage and for the ability to rear children. For any Christian, your ability to serve is directly affected by your physical strength, and therefore your personal health is important, and you should be making health choices so that as much as it depends on you – you can “present your body a living sacrifice” (Rom 12:1). This like all aspects of the Christian life must be worked out with “fear and trembling” (Phil 2:12).





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Questions or  
Comments!