

**Thrive** – Healthy is Holy

Ross Parsley – February 5, 2017

**1 Peter 4:1-3 (NIV)** Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, because whoever suffers in the body is done with sin. <sup>2</sup> As a result, they do not live the rest of their earthly lives for evil human desires, but rather for the will of God. <sup>3</sup> For you have spent enough time in the past doing what pagans choose to do—living in debauchery, lust, drunkenness, orgies, carousing and detestable idolatry.

God created you as a \_\_\_\_\_ being...

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

The question is... \_\_\_\_\_?

**Romans 7:18-20 (NIV)** For I have the desire to do what is good, **BUT...** I cannot carry it out. <sup>19</sup> For what I do is not the good I want to do; no, the evil I do not want to do--this I keep on doing. <sup>20</sup> Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

**VERSES 24-25 (NIV)** What a wretched man I am! Who will rescue me from this body of death? <sup>25</sup> Thanks be to God--through Jesus Christ our Lord!

**If I am controlled by my BODY...**

1. I destroy \_\_\_\_\_.

**1 Corinthians 6:12 (NIV)** 'Everything is permissible for me'--but not everything is beneficial. 'Everything is permissible for me'--but I will not be mastered by anything.

2. I dilute my \_\_\_\_\_.

**Matthew 5:16 (NKJV)** Let your light so shine before men, that they may see your good works and glorify your Father in heaven.

**2 Corinthians 8:21 (NIV)** For we are taking pains to do what is right, not only in the eyes of the Lord but also in the eyes of men.

3. I dishonor \_\_\_\_\_.

**1 Corinthians 16:19-20 (NKJV)** Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? <sup>20</sup> For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.

Your HEALTH really is \_\_\_\_\_!

**1 Timothy 4:8 (NIV)** For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

**Questions about your body**

1. Am I offering \_\_\_\_\_?

**Romans 12:1 (NIV)** Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship.

2. Am I withdrawing \_\_\_\_\_?

**Isaiah 58:13-14 (NIV)** "If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the LORD's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the LORD, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob." The mouth of the LORD has spoken.

3. Am I living \_\_\_\_\_?

**1 Corinthians 9:24-27 (NIV)** Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.