



Week 3: OPENED EYES TO A HEALTHY LIFESTYLE

In addition to practicing spiritual disciplines and having a solid sense of identity, there are other areas in our lives that need work, such as relationships, finances, fitness, etc... For instance, having a healthy home is a prerequisite to be a minister (see 1 Timothy 3:5), so if this area is lacking then other areas such as ministry will be also. This week we will focus on important areas of life that need to be tended to in order to live a successful Christian life.

Rest

And He said to them, "Come away by yourselves to a secluded place and rest a while." (For there were many people coming and going, and they did not even have time to eat.)

Mark 6:31 NASB

Jesus told His disciples to stop ministering and take some time to rest and recover. A similar picture is also painted in multiple other passages of scripture (1 Kings 19:5-8). Therefore, without rest, life and ministry will be impossible to successfully navigate due to a personal need being unmet.

Health

Physical exercise has some value, but spiritual exercise is valuable in every way, because it promises life both for the present and for the future.

1 Timothy 4:8 GNT

No longer drink water exclusively, but use a little wine for the sake of your stomach and your frequent ailments.

1 Timothy 5:23 NASB

In 1 Timothy, the Apostle Paul stresses the importance of exercise and nutrition. Concerning exercise, it is important to note that godliness contains more value. Being too focused on physical training can lead to imbalance. However, staying healthy does have "some value" in that it helps with many

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things, such as mental health, energy levels, and a long life. Therefore, it is important for Christians to be active so that they take care of their “temple” (see 1 Corinthians 3:16) and are prepared for the physical demands of life and ministry.

In reference to nutrition, Paul tells Timothy to “drink a little wine” for his stomach. This scripture is not meant to advocate the use of alcohol, but to set a precedent for healthy food and drink consumption. In this case, Timothy had a physical ailment that wine could help bring recovery to. In the same way, practicing healthy eating habits can help bring recovery and continued health to our bodies. In fact, many studies link poor diets to mental health issues, prolonged disease, and early death. Therefore, a Christian should make healthy eating choices, allowing also the occasional “feast day” (see Nehemiah 8:10) in order to have a balanced diet.

Finances

"The LORD will command the blessing upon you in your barns and in all that you put your hand to, and He will bless you in the land which the LORD your God gives you.

Deuteronomy 28:8 NASB

Al Jandl and Van Crouch author a book called “The Storehouse Principle.” In the book, they discuss the biblical version of a savings account. According to the scripture above, God blesses those who save their money. Therefore, having a healthy financial life should be very important in the life of a believer because it allows their household to be provided for without having to live paycheck to paycheck. Struggling financially is not sinful, but it is not God’s best. In light of this, Christians should make an effort to budget and save money.

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Relationships

1 Corinthians 13 is accurately labeled the “love chapter” because it discusses the importance of love in the life of a believer. In light of the biblical importance of love in relationships, it is important to learn practical ways to cultivate relational health.

- Love Languages

Gary Chapman authored a book entitled “The 5 Love Languages.” In his book, he discusses how there are five different ways people give and receive love, as well as the importance of learning and utilizing these love languages in relationships. The languages are physical touch, words of affirmation, quality time, gifts, and acts of service. In light of this, it is very important for believers to learn the way individuals receive love in order to love them better.

- The “Cup Principle”

Relationships are like cups. If you pour liquid into a cup without a bottom, no matter how much goes in, it will all come out. This is because there is a hole in the cup and it can't receive anything poured into it. In the same way, it is important to mend any broken areas in a relationship before pouring into it because without wholeness, nothing good can be received. This means you have to get rid of the “3 D's.”

- The “3 D's”

There are three words beginning with “D” that can put a hole in a relationship: demands, disagreements, and disrespect. A demand is a request with a consequence. In other words, it's okay to ask someone for something but wrong to give them a consequence for not honoring your request as long as it's not an appropriate boundary. A disagreement is an argument where someone wins and someone loses. Obviously two intelligent people will disagree, but when an argument ensues that entails someone winning, then the relationship has lost. There should never be a sense of loss in a

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conversation. Disrespect is anything not respectful. If it isn't something you would say to someone you admire (respect), then it shouldn't be said. Having constant respect in your relationships is vital for their health and peace.

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