

“Why Health?”

- I. Because it is a good idea to find out how best to care for the body that we have.
 - A. The original diet. **Genesis 2:29**
- II. Because we are preparing for the 2nd Coming of Jesus. Israel was preparing to enter the promised land.
 - A. God took care of Israel. **Exodus 15:23-26**
 - B. God will also take care of us. **Isaiah 33:16&17**
- III. Because our health is important for maintaining our identity.
 - A. Who am I? I am _____.
 - B. Where is our spirit?
 - 1. Where is our spiritual nature?
 - 2. Where is our breathing mechanism?
 - C. Where is our soul?
 - D. What happens to our spirit and soul when we die?
- IV. Because caring for our health is one important way to care for God’s property.
 - 1 Corinthians 6:19&20**
 - A. Just because God made us does not mean that we are god.
 - B. Our body is the temple of God and is the place in us where God dwells.
1 Corinthians 3: 16
 - C. We should be careful to not defile our body/God’s temple for it is holy.
1 Corinthians 3:17
 - D. God can communicate to us through our body. The healthier we are, the easier it is for us to hear Him. **Psalms 32:8**