

Physical wellbeing:

Introduction:

These days you only have to look at social media to see there is a huge emphasis on what we look like, body image and health...

This little trend! - images from *ai - illustration*.

Not just a modern thing!

2000 years ago a lie.... A distorted view of self.

That as humans we were segregated - the different parts of who we are have different value. -

Gnosticism, which viewed physical matter as inherently evil and spiritual substance as inherently good. THE LIE = THE BODY DOESN'T MATTER... and therefore, what we do with the body doesn't matter to God or us.

Leads to 2 extremes! (*Illustration - ball & pump*)

1. '**Blow up**' - don't care, sin,- live without boundaries, act without restraint... binge on whatever you desire... no self control.

(*'Those who live according to the flesh have their minds set on what the flesh desires'* Rom 8:5) - follow my desires... desires govern decisions.

Taken to the extreme, with no limits - rehab!

- but it might also be doing 'good' - over working - taking on more and more stuff. Run ourselves down. Burn yourself out for God!

- *Blow up = Harmful to us....*

2. '**deflate**' - punish our body, neglect our physical needs

- low body image - maybe when you look in your mirror and just don't like what you see. - Withhold what our body needs.

Extreme - religious extreme.

Cultural extreme. - young people...

- *Deflate = Harmful*

Solution:

1. Know you are Wonderfully made. Very Good! Know you are loved

*“For you created my inmost being;
you knit me together in my mother’s womb.
I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.” Psalm 139:14-15*

Beautiful image of God forming us.... AND being very good!

2. Know our body matters to God (temporary, but matters). Elijah (1 Kings 19:7), Mark 6:31

“because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”
Mark 6:31

Practical care - Jesus cared for his disciples. God cared for Elijah.

3. Know the elements of our who we are, are connected. Physical & spiritual & mental - all connected. God cares for us all - God wants me to feel at home in myself.

May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. 1 Thes 5:23 (NIV)

May the God who gives us peace make you holy in every way and keep your whole being—spirit, soul, and body—free from every fault at the coming of our Lord Jesus Christ. 1 Thes 5:23 (GNB)

May God himself, the God who makes everything holy and whole, make you holy and whole, put you together—spirit, soul, and body—and keep you fit for the coming of our Master, Jesus Christ. 1 Thes 5:23 (Message)

The Practical Stuff:

In Life groups look at: sleep. Diet, exercise

Trapped in Destructive habits - or - very low self image.