

Climb:  
Better Your Health  
September 22, 2019  
Message Notes: Aldersgate Church  
Midland & Cardinal Square



I urge you, brothers and sisters, 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.  
Romans 12:1 (NIV)

Your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.  
1 Corinthians 6:19-20 (NIV)

## Learning To Honor God With Your Body

### 1. Position Yourself To Get More Sleep.

It's useless to rise early and go to bed late, and work your worried fingers to the bone. Don't you know he enjoys giving rest to those he loves?  
Psalm 127:1-2 MSG

The sleep of a laborer is sweet, whether he eats little or much...  
Ecclesiastes 5:12 (NIV)

I don't know about you, but I'm running hard for the finish line. I'm giving it everything I've got. No sloppy living for me! I'm staying alert and in top condition. I'm not going to get caught napping, telling everyone else all about it and then missing out myself.  
1 Corinthians 9:26-27 (MSG)

### 2. Build Yourself Up Through Exercise.

Always give yourselves fully to the work of the Lord...  
1 Corinthians 15:58

"The one who is unwilling to work shall not eat."  
2 Thessalonians 3:6-10

...I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.  
1 Corinthians 9:25-27

### 3. Surround Yourself With Nourishing Food.

With promises like this to pull us on, dear friends, let's make a clean break with everything that defiles or distracts us, both within and without. Let's make our entire lives fit and holy temples for the worship of God.  
2 Corinthians 7:1 (MSG)

Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and your soul will delight in the richest of fare.  
Isaiah 55:2 (NIV)

Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way.  
Daniel 1:8 (NIV)