

V. BALANCE THE SPIRITUAL AND PHYSICAL

(*“just as your soul prospers.”*) (v2d)

A. Focus on whole health.

“Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.” I Thessalonians 5:23

B. Your physical body matters to God.

“I will praise You, for I am fearfully and wonderfully made;...” Psalm 139:14a

“For by Him all things were created that are in heaven and that are on earth, visible and invisible, whether thrones or dominions or principalities or powers. All things were created through Him and for Him.” Colossians 1:16

“19 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?”

20 For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.” I Corinthians 6:19-20

“Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.” I Corinthians 10:31

NEXT LEVEL LIVING

Next Level Health

Pastor Steve Reynolds

INTRODUCTION

A. Are you ready to take your life to the Next Level in this new year? The challenge is that wishing and wanting it will not make it happen. Action is required. The good news is you do not have to do it alone. God will help you to fulfill the actions that are necessary to elevate your life to your new next level.

“Behold, I will do a new thing, Now it shall spring forth; Shall you not know it? I will even make a road in the wilderness And rivers in the desert.” Isaiah 43:19

B. There are three vital questions you must answer to advance to the next level:

1. What level am I now?
2. What is my next level?
3. What actions must I do to get to the next level?

C. This series will equip you with the six core actions that are necessary to go to the next level in any area of your life. The messages include:

Jan 9	Next Level Faith
Jan 16	Next Level Goals
TODAY	Next Level Health
Jan 30	Next Level Prayer
Feb 6	Next Level Discipline
Feb 13	Next Level Teamwork

Come and hear these messages and discover what actions are needed to take your life to the next level!

D. **TEXT:** III John 2

TAKE ACTION AND DO NEXT LEVEL HEALTH!

Health is the lid on your life.

HOW TO TAKE YOUR HEALTH TO THE NEXT LEVEL

I. OBEY THE BIBLE (III John 2 is in the Bible.)

A. The Bible is the greatest health book in all the world.

“He sent His word and healed them, And delivered them from their destructions.” Psalm 107:20

B. Whatever you sow, you will reap.

“7 Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap.

8 For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.” Galatians 6:7-8

“7 Do not be wise in your own eyes; Fear the LORD and depart from evil.

8 It will be health to your flesh, And strength to your bones.” Proverbs 3:7-8

II. RESPOND TO GOD’S LOVE (“Beloved,”) (v2a)

A. God gave His body for you.

“who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—...” I Peter 2:24a

B. Give your body to God.

“I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, ...” Romans 12:1a

III. PRAY FOR WELLNESS (“I pray you may prosper in all things”) (v2b)

A. Pray for health, not just sickness.

“Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.” James 5:16

B. Pray you will eat less (and better) and exercise more.

“And put a knife to your throat If you are a man given to appetite.” Proverbs 23:2

“7 For the LORD your God is bringing you into a good land, a land of brooks of water, of fountains and springs, that flow out of valleys and hills; 8 a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive oil and honey;”

Deuteronomy 8:7-8

“Then the LORD God took the man and put him in the garden of Eden to tend and keep it.”

Genesis 2:15

“But those who wait on the LORD Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.”

Isaiah 40:31

IV. DEVELOP A LIFESTYLE PLAN (“be in health,”) (v2c)

A. Choose to live.

“The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.”

John 10:10

B. Create a Bod4God lifestyle plan that you will gladly do the rest of your life.

Lifestyle		vs.	Quick Fix	
Long	Term		Short	Term
Custom	Made For	You	One Size	Fits
Living	Food		Pills,	Powders,
			and	Potions
Ongoing	Exercise	Routine	Short-Term	Extreme
			Work	Outs
You	Enjoy	It	You	Endure
				It