

What guidelines does God give us regarding exercise

! ur current " orld places much emphasis on the shape and condition o# the ph\$ysical %od\$. ' ince the %odies " e have come #rom God(our care o# them should %e considered in light o# the scriptures.

1. What are the %ene#its o# ph\$ysical exercise

1 Timothy **4:6-10**

*ohn 2:1, -22

1 Peter **2:19-21**

1 Timothy **12:1-2**

Eternal!\$ there are no %ene#its o# ph\$ysical exercise. The primar\$ concern o# the %eliever should %e aimed at living a li#e o# godliness %e#ore God and man. . o " ever(it is these %odies(and not another(that God has given to us #or this li#e. The\$ are to %e understood to %e God/s gi#t to us #or the execution o# . is divine " ill. It is onl\$ " ith these %odies(that " e can carr\$ out our call to live as a living sacri#ice unto God. Furthermore(the %od\$ that is in proper " or2ing condition " ill not %e vie " ed as that o# a 3glutton4 or a li#e that is lived to pursue its o " n ph\$ysical pleasures.

2. What is the importance o# " atching our health

1 Peter **3:5-8** 6+20-22

7 cts 28+33-39

Isaiah **58:6-9**

Colossians **3:1-5**

Watching our ph\$ysical health is a re#lection o# God/s presence and guidance. We recogni:e that it is through the pursuit o# God/s " isdom %eing lived out in these %odies that " e ma\$ have longer lives that can have more o# an impact on the lives o# others. 0# our li#e is not lived out to the #ullest degree that " e can pursue then our li#e " ill %e cut short and there " ill %e #e " er examples in our midst o# living as Christ as2ed us to live.

3. Wh\$ should " e exercise our %odies

1 Corinthians **6:19-20**

3 *ohn 1+2

1 Timothy **2:23-24**

. e#re " s **12:1**

2 Corinthians **5:8-11**

1 Corinthians **9:24-27**

Philippians 1+21-2;

! ur %odies should %e exercised as a " itness unto God. These are . is %odies and not our o " n %odies(as such(" e o " e our lives(including our %odies(to God and the\$ ought to %e treated in a state that re#lects . is o " nership. 7n inattention o# our ph\$ysical %odies do give an opportunit\$ o# the enemies o# God to %lasphe#e . is name. We are God/s representatives <am%assadors> so " e ought to represent . im in the %est " as possi%le.