

V. BALANCE THE **SPIRITUAL** AND **PHYSICAL**  
(III John 2d)

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

**STEP UP: TAKING YOUR LIFE TO THE NEXT LEVEL**

Step Up For Health  
Pastor Steve Reynolds

**INTRODUCTION**

A. Are you ready to take your life to the next level in the New Year? Action is required to make that happen, you must step up! Right now there is a lot of advice going around about how to change and improve your life. However, the best source and the only perfect source is found in the Bible.

*“Direct my steps by Your word, And let no iniquity have dominion over me.”*  
Psalm 119:133

B. In this series you are going to learn from the Bible what you can do to take your life to the next level in six specific areas.

Jan 3	Step Up For God
Jan 10	Step Up For Faith
TODAY	Step Up For Health
Jan 24	Step Up For Finances
Jan 31	Step Up For Generosity
Feb 7	Step Up For Church

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

C. **TEXT:** III John 2 (Pew Bible/Pg. 1200/New Testament)

**STEP UP FOR HEALTH IN THE NEW YEAR**

*“For His eyes are on the ways of man, And He sees all his steps.”*  
Job 34:21

## HOW TO STEP UP FOR HEALTH

### I. OBEY THE **BIBLE** (III John 2)

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** (III John 2a)

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—by whose stripes you were healed.”*

I Peter 2:24

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, which is your reasonable service”*

Romans 12:1

### III. PRAY FOR **WELLNESS** (III John 2b)

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** (III John 2c)

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	All
Living	Food		Pills,	Powders, and Potions
Ongoing Exercise	Routine		Short-Term Extreme	Work Outs
You	Enjoy It		You	Endure It