

Your Physical Health

1 Timothy 5:23

Introduction:

- Not everyone has access to safe drinking water
 1. _____% of the world lacks access.
 2. _____% of the population of Eritrea, East Africa lacks access.
- In the first century A.D. in Israel and throughout the Roman Empire
 1. There were some d_____ wells that were safe to drink from (e.g. Jn 4:7 – the account of Jesus asking for a drink from a well).
 2. Timothy drank water only and as a result had stomach issues and f_____ ailments (1 Tim 5:23)
 3. Most people drank w_____ as a beverage
 - a. Some argue that the wine back then had extremely low alcohol content (our wines today vary from 5.5% to _____% alcohol). But there is no way to verify this.
 - b. It is clear that the wine was alcoholic enough to get d_____ on (see Eph 5:18).
- Why did Timothy abstain from wine and drink water only?
 1. Timothy was half-Jew and half-G_____.
 2. Timothy was ministering in the church of Ephesus which was a non-Jewish church (a G_____ church).
 3. Many Gentile Christians abstained from drinking wine because of its close association with worshipping pagan g_____.
 4. So, Timothy drank water only to better relate to Gentile Christians and to keep from being a possible stumbling b_____ to them.
- Paul commands Timothy
 1. To no l_____ drink water only (the Greek text clearly means to stop an action that was being practiced).
 2. To u_____ a little wine
 - a. Most versions make a distinction between the action related to water and the action related to wine (the NLT does not and so misses the point).
 - 1) No longer d_____ water
 - 2) But u_____ a little wine
 - b. Paul wants Timothy to m_____ a little wine in with the water (the alcohol content would make the water safer to drink). His health was important to God.
- And so, every believer's physical health is important to God.

God s_____ calls us to risk our health

- A biblical example – Epaphroditus (Philippians 2)

1. Paul was in p_____ and had to depend upon others for his needs (food, clothing).
2. Epaphroditus brought supplies from the Philippian church to Paul and became _____ and almost died.
3. Epaphroditus continued to minister this way once he got well.
- A biblical mandate to all believers (Rom 12:1) – present your bodies as a l_____ and holy sacrifice to God which is your spiritual s_____ of worship.
1. God may call us to risk our health in order to witness to unbelievers (see 2 Cor 11:27)
2. God may call us to risk our health in order to minister to fellow believers (see Matt 25:34-40)

God a _____ calls us to take care of our health

- Believers' bodies are o_____ by God (1 Cor 6:19,20)
 1. Jesus bought us with a great p_____ - His blood.
 2. We are to g_____ God in our bodies.
- The immediate context of 1 Cor 6:19,20 – sexual immorality
 1. The Greek word is *porneia*, where we get our word p_____.
 2. It refers to all sexual activity outside the boundaries of m_____ (which is biblically defined as being between one man and one woman for life – Gen 2:24)
 3. Heb 13:4 commands us to honor the marriage b_____ by not committing adultery or fornication (*porneia*). Those that don't will be judged.
 - a. Those that don't honor the boundaries that God has set for sexual activity can get STD's (sexually transmitted d_____), many of which are incurable and some are fatal if untreated.
 - b. STD's can cause cervical cancer, major damage to major organs, pelvic pain, infertility, and more. According to WebMD, 25% of Americans have incurable STD's.
 - c. If everyone would have honored the sexual boundaries from the beginning, STD's would not exist.
- Sins in general are physically unhealthy (Rom 6:13) – what happens when we use our body parts as instruments of sin?
 1. Using your tongue to lie – end up covering up and telling more lies which creates s_____ (this in turn can lead to illness, even cancer).
 2. Losing your temper
 - a. Can hurt your own b_____ (e.g. hand through the wall)

- b. Can hurt those you love to the point of severing relationships, which in turn brings a lifetime of regret and guilt, a type of stress that can adversely affect health.

●God provides food for us to give us good health

1. Numbers 11 – God provided the people of Israel the perfect food (manna) for 40 years while wandering in the wilderness
 - a. The people grew tired of eating God's perfect food and demanded that He give them manna to eat.
 - b. God said he would give them it for an entire manna until it became repulsive to them.
 - c. God provided quail and they gathered the quail and some were eating it raw while gathering the quail and died.
 - d. God's lesson – don't live to eat, but eat to live.
2. God does not give a list of foods that we are to eat or not to eat but gives us permission to eat by (1 Cor 6:12,13)
 - a. Just because God has no laws against eating food does not mean that all food is biblical
 - b. We are not to be controlled by our desires, but we are to be in control of it.
3. God has allowed man to gain knowledge over the centuries so that today we can know what is healthy and what is not.
 - a. A healthy diet includes all the basic food groups (proteins, fats, fruit, vegetables, whole grain, dairy).
 - b. A healthy diet excludes overeating and those foods that would harm you (e.g. a diabetic that does not stick to his diet could end up having amputations)

Conclusion:

●As believer in Christ, we must not live to eat but we must eat to live in order to serve God.

1. God's Word calls us to risk our health to serve Him.
2. God's Word calls us to take care of our health

●Illness is an enemy of God. Health is His friend. Choose health.