

LISTEN TO YOUR *BODY!*



NCOMers



Health &
Wellness



3 John 2

Current Series w/Pastor D

NCOMERS COLLECTIVE WEIGHT: 28,544.9



**NCOMERS ACTUAL TARGET
WEIGHT ELIMINATION:**

NCOM HEALTH & FITNESS TEAM...

- ✍ Weekly Exercise Group (**Sats @ 7:AM**)!
 - ✍ NCOMers - Weigh-in (Bi-Weekly)!
 - Pound Elimination Celebrations!
(5, 10, 15, 20, & Up) “Club”
 - ✍ Nutritional Meal Planning, Daily Devotions & Encouragement!
- facebook.com/groups/KingdomFitNCOM

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NCOM HEALTH & FITNESS TEAM...

NCOMers - FREE!

Blood Pressure

Blood Glucose

Cholesterol Checks

Roseman Medical University!

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“OBESITY” ... IN AMERICA!

- ➡ **35% - Adults, 20/Up - Obese!**
- ➡ **33.35% - Adults, 20/Up - Overweight!**
- ➡ **7 in 10 Adults - Overweight & Obese!**
- ➡ **18% - Children, 6 – 11 - Obese!**
- ➡ **18% - Youth, 12 – 19 - Obese!**

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HEALTH COMPLICATIONS... IN AMERICA

Due to Obesity & Over-Weight:

- ➡ Type II Diabetes!
- ➡ Cardio Vascular Disease!
- ➡ Reduced Respiratory Function!
- ➡ Reduced Physical/Sexual Function!
- ➡ Reduced Quality of Life!
- ➡ 75% of All Monies Spent on Health Care; Due to Lifestyle Choices!

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“FITNESS” ... IN AMERICA!

- ➡ **\$40 Billion Spent Annually!**
- ➡ **40 Million Americans - Purchase Fitness Membership Annually!**
- ➡ **80% - Americans DON'T USE Their Fitness Memberships!**
 - \$20 Millions Dollars Wasted - Annually**

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WHY IS AMERICA "OBESE!" ...



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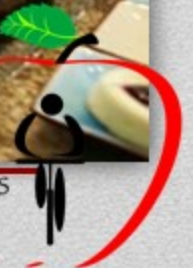


WHY IS AMERICA "OBESE!" ...

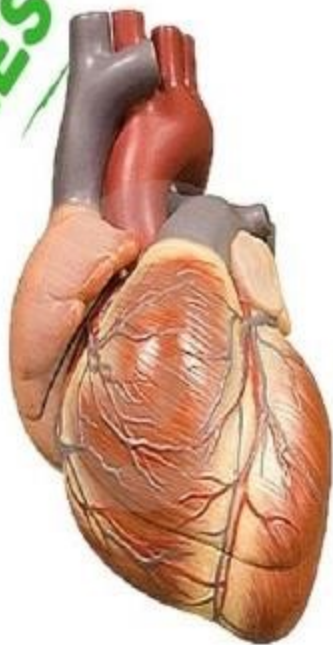


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REMEDIES



SEDENTARY

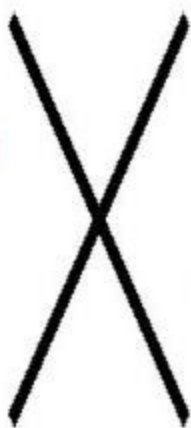


LIFESTYLE



CAUSES

SILENT



KILLER



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Series OJB:
The “Theological”
Applications & Infrastructure
to “Health & Wholeness!”

FOUNDATION SCRIPTURES ... THIS SERIES

3 John 2

Beloved, I Pray Above all things that You
May Prosper and be in **Good Health** as
You Strong in Spirit!

Philippians 2: 13

For God is Working in You the **Desire &
Power** to do What Pleases Him!

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FOUNDATION SCRIPTURES ... THIS SERIES

1 Corinthians 6: 19 - 20

Don't You Know – Your Body is the
Temple (Sanctuary) of the Holy Spirit
Who lives in You, Whom you Received as
a Gift from God? You are Not Your Own,
You were Bought with a Price! So then,
Honor God – Bring Glory to Him in
Your Body!

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FOUNDATION SCRIPTURES ... THIS SERIES

1 Corinthians 3: 16

“Don’t You Know – You are **God's Temple (Sanctuary)** and that **God's Spirit Dwells** in You? If Anyone Destroys **God's Temple**, God Will Destroy Him. For **God's Temple is Holy**, and You Are that **Temple!**”

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FOUNDATION SCRIPTURES ... THIS SERIES

1 Corinthians 6: 13

Food was Made for the **Stomach** and the **Stomach** for Food; God Will **Destroy** Them Both & Bring Them to **Nothing!**

Galatians 5: 12

You Were Called to **Freedom**; Only Do Not Use **Your Freedom** as an Opportunity for the **Flesh!**

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FOUNDATION SCRIPTURES ... THIS SERIES

1 Corinthians 6: 12

Everything is **Permissible** for me – but
NOT Everything is **Beneficial**;

Everything is Permissible – but **I Will**
Not Be Mastered or
Enslaved by Anything!

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FOUNDATION SCRIPTURES ... THIS SERIES

1 Timothy 4: 7

**Discipline Yourself for the Purpose of
Godliness!**

Ecclesiastes 4: 9 - 10

**Two People are Better Than one, Because
They Can Get More Done by Working
Together! If One Person Falls, the Other
Can Help Him Up!**

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TEACHING "OBJ'S" ... THIS SERIES



What is the Current State of Your
Health? Should You Feel Better?
Are You LISTENING to Your BODY?

There's a **Spiritual Path** to Health &
Wholeness . . . You Cannot **Break**
God's Disciplines w/o
Consequences!



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LEARNING “OBJ’S” ... THIS SERIES



Over the Years, How Have You
Changed Physically? Embrace the
Importance of the Stewardship of
Your **Health, Diet & Exercise!**

Know Your (5)!
Weight! Waist Size! Blood Sugar!
Blood Pressure! Cholesterol!



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TEACHING "OBJ'S" ... THIS SERIES Results

Are You a Slave to Your Stomach?
Repent & Rededicate Your Body to
Christ in Service to Him & the
Ministry of the Church!

Identify & Eliminate **Bad Eating &**
Health Habits! Lose the Weight
w/New Habits & Choices!

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POWERPOINTS... THIS SERIES



What You
Eat Matters!
Our Appetites
Have
Consequences!



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POWERPOINTS... THIS SERIES

Everyone Wants to be Healthy but
Few **“Choose”** to be Healthy!

Physical Health is the **“Force”**
Behind **Spiritual, Mental &**
Emotional Wholeness in Life!

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POWERPOINTS ... THIS SERIES



Food is a **Powerful Drug/Medicine** to the Body; it Can Either be a Force of **Healing & Strength** . . . or Food Can be a Force to **Destroy & Kill!**

Hebrews 11: 25

There is **Pleasure in SIN** for a Short While!

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POWERPOINTS ... THIS SERIES



What You **“Think”** Determines the
Way You Feel . . . What You Feel
Determines the Way You Act – Your
Choices!

Proverbs 4: 23

Be Careful What You **“Think”**
Because Your **“Thoughts”** Run
Your Life!

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POWERPOINTS ... THIS SERIES



God Uses Failure to **Teach & Train**
You ... **Sanctification &**
Transformation Occurs in Steps!

**"I Didn't Fail 1,000 Times – the Light
Bulb Was an Invention with 1000
Steps!" – Thomas Edison**

Don't Be Afraid to Fail!



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“TEACHINGS” ... THIS SERIES



The “Theological” Applications & Infrastructure To Health & Wholeness!

- ✂ Genesis - Man a “Well-Ordered System!”**
- ✂ Biblical Applications - “Pre-Fall & Post-Fall Dietary Eating!” (Parts I & II)**
- ✂ Mindless Eating? – “Gluttony!”
(Slave to Your Stomach)?**





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“TEACHINGS” ... THIS SERIES



The “Theological” Applications & Infrastructure To Health & Wholeness!

-  **Personal Pleasures & Indulgences - Is the “Fruit of the Vine” a Strong Drink?**
-  **He That Lives in Me - “Kingdom FIT!”**



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“TEACHINGS” ... THIS SERIES



“Professional Guest Speakers” Heath, Diet & Exercise Topics:

- ✂ Health Care Insurance & Diet!**
Janice Wiggins, State Health Insurance!
Sheela Kunishige, Health Dietician!
Sunday, May 20th - Service



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“TEACHINGS” ... THIS SERIES



**“Professional Guest Speakers”
Heath, Diet & Exercise
Topics:**

-  **Heart Association (Cardiac Education)
Representative (TBD)!**
Sunday, June 3rd - Service!
-  **Diabetes Education, Centennial Hospital
Kelly Martin, RN, BSN**
Sunday, June 10th - Service!

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“TEACHINGS” ... THIS SERIES



**“Professional Guest Speakers”
Heath, Diet & Exercise
Topics:**

 **Stress & Anxiety Education, CCSD &
Care-Pro Home Health!**

Kiwanna Young, LPN/SPN!

Sunday, June 24th – Service!

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PREVIOUS TEACHING... WEEK I

- I. Genesis - Man, Well-Ordered System!
 - a. Vertical Composition... **Wholeness!**
 - i. Three Parts - **Body, Soul & Spirit!**
 - ii. Original Diet Plan - **Eat to Live/
Food for Health!**
 - b. Then Came Death/Man's Horizontal Composition... **Wages of SIN & Thorns & Thistles!**

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MAN'S "VERTICAL" ORIGIN...

Adam & Eve "Before" the Fall:
Well-Ordered System!

"Wholeness!"

Perfectly Well in **Body, Soul**
(Mind, Will and Emotions) and
Spirit!

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MAN'S "VERTICAL" ORIGIN...

(5) Truth's – Man's Vertical Composition: **Genesis 2: 7**

- ✗ God Created Man an Organic Whole!
- ✗ God Created Man a Triune - "Body, Soul & Spirit!"
- ✗ God Created Man in His "Likeness!"
- ✗ God Gave Man Full Authority!

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MAN'S "HORIZONTAL" COMPOSITION...

Adam & Eve "After" the Fall:

Theological Applications &
Infrastructure to **Health & Wholeness**
was **Destroyed!**

The Wages of Sin "Thorns & Thistles!"
Deterioration That's Constantly Moving
Towards **Spiritual & Physical Death!**

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NCOM HEALTH & WHOLENESS... PRIORITIES

- ✍ “What” I Want to Accomplish ...
Weight Elimination (Pounds to lose)
- ✍ Know the “Why” ... Why I Want/Need
Physical Wholeness!
- ✍ “How” to Transform ... Eliminate Poor
Food Choices; Exercise & Work in
Community!”

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REASON'S – PHYSICAL WHOLENESS...



- Mandated by a Holy God!
- Witness/Testimony to the World?
- Too Many Members in the Body of Christ Are Ignoring their Health . . . They're Over-Weight!

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RATE YOUR PHYSICAL WHOLENESS ...



- Do You Know Your Cholesterol, Blood Pressure & Sugar Levels?
- Do You Get Annual Physical Exam?
- Do You Get Sufficient Sleep?
- Are You Overweight?
- Do You Exercise 3 X's a Week?

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