

LISTEN TO YOUR *BODY!*



NCOMers



Health &
Wellness



3 John 2

Current Series w/Pastor D

LISTEN TO YOUR *BODY!*



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

NCOMERS COLLECTIVE WEIGHT: 28,544.9



**NCOMERS ACTUAL TARGET
WEIGHT ELIMINATION:**

“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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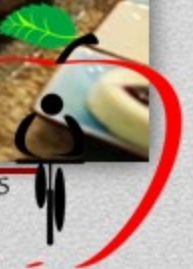


WHY IS AMERICA "OBESE!" ...

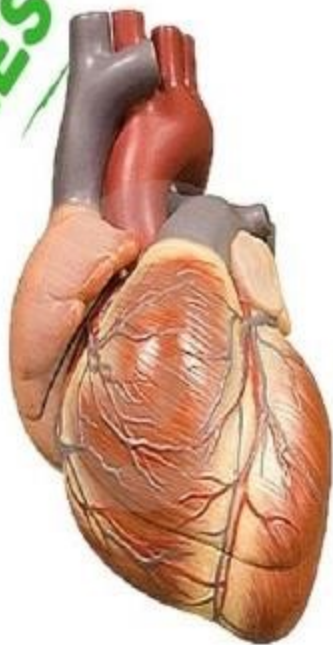


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REMEDIES



SEDENTARY

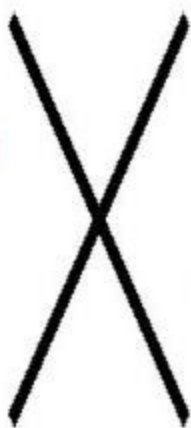


LIFESTYLE



CAUSES

SILENT



KILLER



POWERPOINT...THIS SERIES



What You
Eat Matters!
Our Appetites
Have
Consequences!



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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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“TEACHINGS” ... THIS SERIES



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

- ✗ **Genesis - Man a “Well-Ordered System!”**
- ✗ **Desires (Appetites) Have Consequences
Origin & Sin of “Gluttony!”**
- ✗ **Biblical Applications - “Pre & Post-Fall
Dietary Eating!” (Parts I & II)**



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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?
Part I & II!

✂ He That Lives in Me - **“Kingdom FIT!”**



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PREVIOUS TEACHING ... WEEK III

I. Biblical Apps - God's Pre Fall Diet!

a. Man (Adam/Eve) . . . PRE-Fall Diet!

i. Plant Foods - Veggies, Fruits/Nuts!

ii. God - Care-Taker of Health!

b. Effects of Sin . . . POST-Fall Diet

i. Food, Cursed Enemy - Origin of Meat!

ii. God's Dietary Restrictions - Israel's Health & Separation!

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PREVIOUS TEACHING ... OBJ'S

Does God Care About What
You Eat?

Are Your Dietary (Eating Choices)
Slowly Destroying You?

You Are the **Care-Taker** of Your
Body; Do You **Understand**,
Everything You **Consume** Can
Produce **Life or Death!**

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GOD'S PRE-FALL DIET ... HEALTH

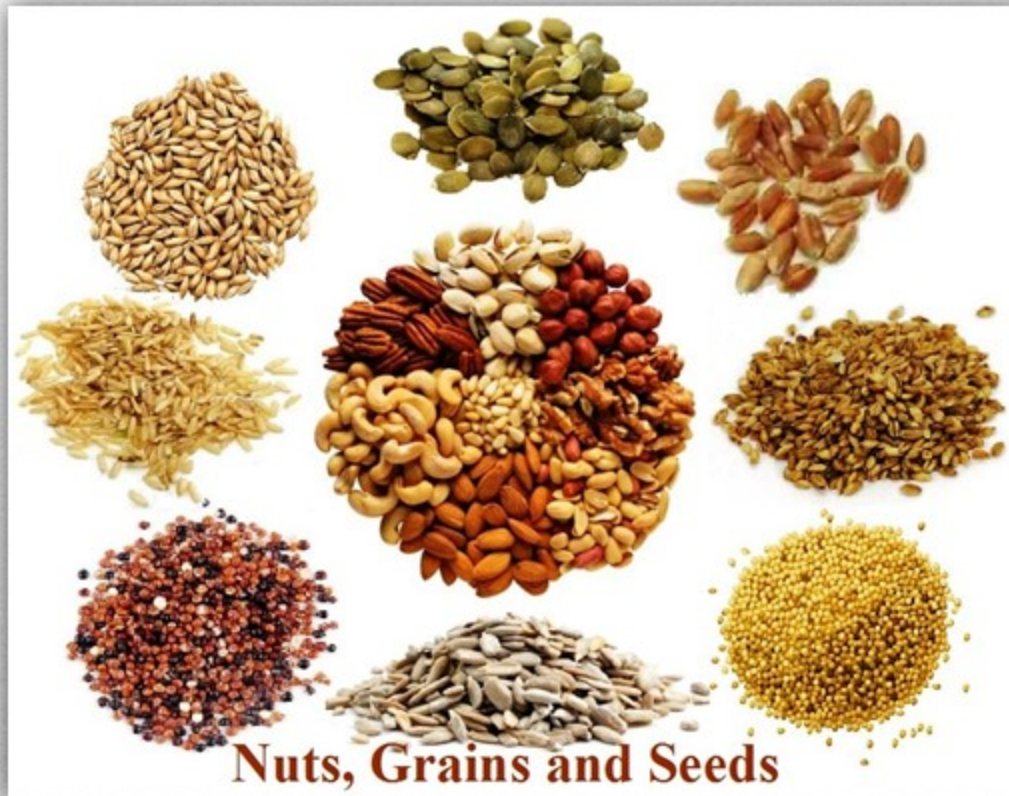


(Unprocessed) Genesis 1: 29 - 30



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GOD'S PRE-FALL DIET ... HEALTH



(Unprocessed) Genesis 1: 29 - 30

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GOD'S PRE-FALL DIET ... HEALTH

Food for Thought!

- ☞ Veggies & Fruits - Main Source of VITs, MINs, Anti-Inflams & Anti-Oxidants!
- ☞ Veggies & Fruits - Contain the Most Detoxifying Chemical (Glucosinolates)



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GOD'S PRE-FALL DIET ... HEALTH

Food for Thought!

- ➡ **Vegetarians** - Lower Incidence of Heart Disease & Cancer!
- ➡ **Vegetarians** - Under Age 65 ... 45% Less Likely to Suffer Heart Attack!
- ➡ **Men** – Eat Little or No **Meat**, Showed Increased Longevity of Life

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GOD'S PRE-FALL DIET ... HEALTH

Food for Thought!

☞ **Men** - Eat Little or No **Meat**, Showed Increased Longevity of Life of **7.8** Years and **4.42** Years in Women!

Daniel 1: 8

But Daniel Resolved that He Would Not **Defile Himself** with the King's Food, or with the Wine he Drank.

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GOD'S PRE-FALL ... WARNING

Genesis 2: 17

“You Shall Surely Die!”

Wages of SIN

“Deterioration” Mind & Body That’s
Progressively Moving Towards
Death!

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THE POST-FALL DIET ... DEATH

Genesis 9: 1 - 4

Origin - Meat in the Diet!

After the Flood . . . No Plant Life
(Vegetation, Fruit & Herbs) Were
Available!

Noah's Instructions:

"Every Moving Thing That Lives Shall
Be **"Food"** for You!"

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THE POST-FALL DIET ... DEATH

Wages of SIN!

Man Became **Care-Taker** - His Body!

- ☞ **Food** - Choice Weapon of satan!
- ☞ **Wrongful Desire** - (Gluttony) Born!
- ☞ **Disease** - All Forms of Sickness!
- ☞ **Foods & Meats** - Contaminated (**Bad Fats;**
(Whites; Processed; Life Stage)

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THE POST-FALL DIET ... DEATH

Wages of SIN!

1,000 Years After Noah, God Gave
Moses Dietary Restrictions (Clean &
Unclean) for "Israel's" Obedience,
Separation, Health & Holy Identity
Apart from the Pagan Nations!

(Leviticus Chap's 3 & 11; Deuteronomy
Chaps 12 & 14)

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GOD'S PRE-FALL DIET ... HEALTH

Food for Thought!

Why Do You **Eat** What
You **Eat**? Why Do You **Eat** the Way
You **Eat**?

Are Your **Dietary Food Choices**
Decided & Made According to
Knowledge & Wisdom?

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TODAY'S TEACHING ... WEEK IV

- I. Christs' Post-Fall Edict; NT Believers Eating
 - a. Israel's Food Laws . . . **Apply to NT?**
 - i. NT Church Age - **No Restrictions!**
 - b. NT Divide/Conflict on Food Eating Restrictions . . . **Christs' Resolution!**
 - i. Answer - **Do Not Become Lords!**
 - ii. Live IAW – **Wisdom, Knowledge & Freedom!**

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TODAY'S TEACHING ... OBJ'S

Did Jesus Give the **NT Church** Any
“**Restrictions**” for Eating Certain
Foods? Did Jesus Define Any
Unclean Foods or Meat Eating?

Who's the “**Authority**” for Your
Eating Choices?

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TODAY'S TEACHING... POWERPOINTS

The Earth is the Lord's & Everything in it; . . . God Provides **"All Foods for Eating!"**

What You Eat as a Believer, Will Not Keep You Out of Heaven. However, Poor Eating Choices & Poor Health Stewardship . . . Can Get You to Heaven Much Sooner!

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THE POST-FALL FOOD ... MEAT

Wages of SIN!

1,000 Years After Noah, God Gave
Moses Dietary Restrictions (Clean &
Unclean) for "Israel's" Obedience,
Separation, Health & Holy Identity
Apart from the Pagan Nations!

(Leviticus Chap's 3 & 11; Deuteronomy
Chaps 12 & 14)

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DIVISION IN THE CHURCH . . . MEAT

Knowledge Puffs Up!

1 Corinthians 8: 1 – 3; 7

Concerning Eating Meat, All of us Have Knowledge – But This Knowledge Puffs Up but **LOVE Builds Up!** If Anyone Thinks

He Knows Something, He Does Not Yet Know as He Ought to Know; . . . However, **Not All Believers Possess This Knowledge!**

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ISRAEL'S FOOD LAWS ... APPLY IN THE "NT"?

Mark 7: 19

“Can’t You See that the **Food** You Put into Your Body Cannot Defile You? **Food** Doesn’t Go into Your **Heart**, but only Passes Through the Stomach and Out of the Body. In Saying This, He (**Jesus**) Declared All **Foods** Are Acceptable (**Clean**)!

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CHRIST'S RESOLUTION ... EDICT!

The Mature (Strong) In Faith!

Galatians 5: 13

You Were Called to **Freedom**, Only Do Not
Use Your **Freedom** as an Opportunity for the
Flesh; Through **Love Serve** One Another.

1 Corinthians 8: 9

You Must be Careful – **Your Freedom** Does
Not Cause Others with a **Weaker Conscience**
to Stumble!

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CHRIST'S RESOLUTION ...EDICT!

Do Not Become Lords!

The Eating of Foods (Clean or Unclean)
Does Not Give You **Favor** With God!

1 Corinthians 8: 8

Food Will Not Make us **Acceptable** to
God. We Are No Worse Off if We Do Not
Eat, and No Better Off if We Do!

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CHRIST'S RESOLUTION ... EDICT!

Do Not Become Lords!

Don't Be **Religious** & Stay Away from **Legalistic Rules** that Lead to Bondage!

Colossians 2: 16 - 17

Let NO ONE **Judge You** in Questions of **Food & Drink** ... What is **True** and **Real** has Come and is Found in Christ!

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CHRIST'S RESOLUTION ... EDICT!

Do Not Become Lords!

Ignore False Teaching Concerning
Things **Created by God**; Enjoy Them
with **Thanksgiving**!

1 Timothy 4: 1 - 5

In Latter Times Some Will Turn Away from
the **Faith**, Giving Attention to Deluding
Seducing spirits &

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CHRIST'S RESOLUTION ... EDICT!

Do Not Become Lords!

1 Timothy 4: 1 - 5

& Doctrines that **False Teachers** Teach; Who Forbid People to **Marry** and **Abstain from Certain Kinds of Foods** Which **God Created** to be Received with **Thanksgiving!** Everything God has Created is Good, and Nothing is to be Thrown Away or Refused if it is Received with **Thanksgiving!**

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CHRIST'S RESOLUTION ... EDICT!

Do Not Become Lords!

What You Eat (**Clean or Unclean**) is not
Matter of Laws, Traditions, Legalism,
Judging or Veganism!

The **Principle Thing** in the Body of Christ
is **Unity & Love**, One to Another!
Righteousness, Peace & Joy
in Christ!

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CHRIST'S RESOLUTION ... EDICT!

Do Not Become Lords!

The Principle Thing is LOVE for God & Your Brothers & Sisters in the Faith ... Should Guide Your Conduct! Do Not Judge a Weaker Brother or Sister in the Faith! (Unity in the Body is Key)

Until You "Get it" ... You Ain't
"Got it!"

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TODAY'S TEACHING.. POWERPOINT

We Identify & Label Our Bad Habits as
... **"That's Just Way I Am!"**

We Make Excuses for Bad Habits &
Behaviors (Eating, Drinking, Dishonesty,
Smoking or _____).

There's Nothing Going on in Your Life –
You Haven't Chosen ... **"You Know
Exactly Who You Are!"**

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