

“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!**

LISTEN TO YOUR BODY!



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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NCOMers
Health &
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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**

LISTEN TO YOUR BODY!



"OBESITY" ... IN AMERICA!



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LISTEN TO YOUR
BODY!



The “Theological”
Applications & Infrastructure
to Health & Wellness!

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!

LISTEN TO YOUR **BODY!**



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!**”

LISTEN TO YOUR **BODY!**



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!**

LISTEN TO YOUR BODY!



LEARNING "OBJ'S" ... THIS SERIES

Learn & Embrace the Importance of
the **Stewardship** of Your **Health**,
Diet & Exercise!

Learn & Embrace **Healthy & Wise**
Choices – Lifestyle Change! You
Will Lose the Weight!

LISTEN TO YOUR **BODY!**



LEARNING "OBJ'S" ... THIS SERIES

Repent! Rededicate Your **Body** to
Christ in Service to Him & the
Ministry of the Church!

Identify & Remove **Bad Eating &**
Health Habits! You Will Discipline
Your Body **w/New Habits!**

LISTEN TO YOUR **BODY!**



LEARNING "OBJ'S" ... THIS SERIES

In the Body of Christ, **Health, Diet & Exercise** Are Corporate & Personal
... **Spiritual Disciplines!**

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

LISTEN TO YOUR **BODY!**



POWERPOINTS ... THIS SERIES

What You
Eat
Matters!



LISTEN TO YOUR **BODY!**



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!

LISTEN TO YOUR **BODY!**



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!

LISTEN TO YOUR **BODY!**



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!

LISTEN TO YOUR **BODY!**



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!

LISTEN TO YOUR **BODY!**



THE “TEACHINGS” ... THIS SERIES

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

- ✂ Genesis - Man a “Well-Ordered System!”
- ✂ God’s Original Food Plan - “Clean & Unclean!” (Parts I & II)
- ✂ What’s Eating You? – “Run-Away Flesh!”

LISTEN TO YOUR **BODY!**



THE "TEACHINGS" ... THIS SERIES



The "Theological" Applications & Infrastructure To Health & Wholeness!

- ✎ Personal Pleasures & Indulgences - Is the "Fruit of the Vine" ... Strong Drink?
- ✎ He That Lives in Me - "Kingdom FIT!"

LISTEN TO YOUR **BODY!**



THE "TEACHINGS" ... THIS SERIES



"Guest Speakers"
Heath, Diet & Exercise
Topics:

- ✂ Roseman Medical University! Free
Blood Pressure; Blood Glucose &
Cholesterol Checks . . . For NCOMers!
Wednesday, May 9th – 6:30 to 8:30PM



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THE "TEACHINGS" ... THIS SERIES



"Guest Speakers" Heath, Diet & Exercise Topics:

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



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THE "TEACHINGS" ... THIS SERIES



"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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THE "TEACHINGS" ... THIS SERIES



"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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NCOM HEALTH & FITNESS TEAM...

- ✍ Weekly Exercise Groups (**Sats @ 7:AM**)!
Starter, Moderate & Advanced Groups!
- ✍ NCOMers - Weigh-in (Bi-Weekly)!
 - Pound Elimination Celebrations!
(5, 10, 15, 20, & Up) . . . **"3000 lb. Scale"**
- ✍ Nutritional Meal Planning (**On-line**)!
- ✍ Daily Devotions (**On-line**)!

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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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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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TODAY'S 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!

LISTEN TO YOUR **BODY!**



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!

LISTEN TO YOUR **BODY!**



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!**

LISTEN TO YOUR **BODY!**

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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!”

LISTEN TO YOUR **BODY!**



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!

LISTEN TO YOUR **BODY!**

