

LISTEN TO YOUR
BODY!



NCOMers



Health &
Wellness



3 John 2

Current Series w/Pastor D

LISTEN TO YOUR
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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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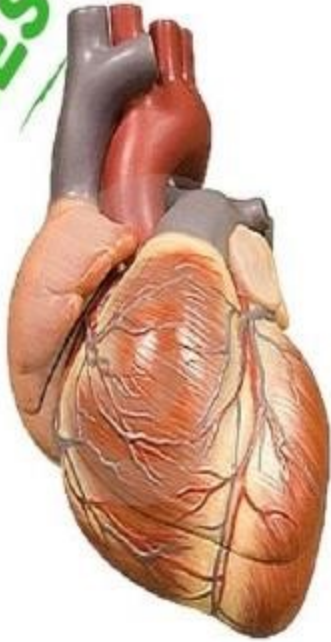
WHY IS AMERICA "OBESE!" ...



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REMEDIES



SEDENTARY

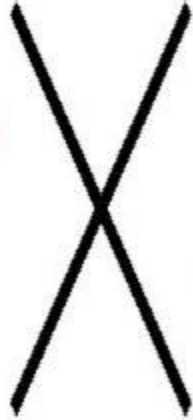


LIFESTYLE



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 & III)**



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“TEACHINGS” ... THIS SERIES



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

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



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PREVIOUS TEACHING ... WEEK IV/V

- 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 – **Knowledge, Wisdom & Freedom!**

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PREVIOUS TEACHING ... WEEK IV/V

Knowledge, Wisdom & Freedom!

Did Jesus Fulfill the **LAW**?

Who's Your "**Authority**" for Your
Eating Choices?

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CULTURAL EFFECTS ... ALCOHOLISM

Wine & Alcohol Today:

- **\$200 Billion** Spent Annually on Health Cost!
- **20 Million** Problem Drinkers in America!
- **30%** of All Traf Fatalities is Due to Alcohol!
- **38 Million** Alcoholics in America!
- **\$4 Billion** Spent Annually on Advertising!
- **4,700 Teens** Die Ever Year from Alcohol!
- **6 People** Die Daily of Alcohol Poisoning
(**Men** - the Greatest Fatalities)

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TODAY'S TEACHING ... WEEK VI

- I. Personal Pleasures/Indulgences (Alcoholism)
 - a. Bible/Cultural Context . . . **What is Wine?**
 - i. Scriptural Context - **"Function"**
 - b. Wine/Strong Drink . . . 21st Cen Culture
 - i. Societal Context - **"Dissipation!"**
 - ii. Destructive Power - **Internal**
"Influences"

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TODAY'S TEACHING ... WEEK VI

I. Personal Pleasures/Indulgences (Alcoholism)

c. 21st Century Church Age . . . **Christ Called the Church "Live Sober-Minded!"**

i. Highest Examples of Holiness -
"Influencers & Imitators"

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TODAY'S TEACHING ... OBJ'S

One of satan's OBJ's is to **Destroy** the **Body of Christ** Through the Weaponry of the **Pleasures & Influence** of Alcohol!

Is Drinking Alcohol a **SIN** ... Is Drinking **Profitable** ... Does it **Edify?**



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TODAY'S TEACHING ... OBJ'S

Did Wine & Strong Drink Have the
Same Content in Bible Days as it
Does Today?

Does the Bible **Condemn** Drinking
Alcohol?

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TODAY'S TEACHING ... POWERPOINTS

We Make Excuses for the Bad
"Choices & Habits" in Our Lives!

There's Nothing Occurring in Your
Life (No SIN) You're **Struggling** with
– That You Haven't "Chosen!"

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TODAY'S TEACHING... POWERPOINTS

As a Born-Again Believer, it's Your **Christian Liberty** in Christ that Allows You to Drink Alcohol!

NOT the **Influences** of satan, the World, Friends, Peer Pressure or Family!

Every Believer Does NOT Have the **Liberty** to Drink!

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BIBLE CULTURAL CONTEXT ... ALCOHOLISM

What is Wine?

Two Kinds of WINE Recognized in the Bible: **Fermented** (Intoxicating) and **Non-fermented** (Non-Alcoholic)!

Whenever **Scripture** Refers to **Wine**, the CONTEXT Will Help You Determine if it's Speaking of **Fermented or Non-fermented Wine!**

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BIBLE CULTURAL CONTEXT ... ALCOHOLISM

What is Wine?

Hebrew & Greek:

- ✘ **Mimsak** - Mixed Wine (Isaiah 65: 11)
- ✘ **Yayin** - Intoxicating (Deut 29: 6)
- ✘ **Shakar** - Drunk (Jeremiah 48: 26)
- ✘ **Methusko** - Drunk (Eph 5: 18)
- ✘ **Oinos** - Intoxicating (John 2)



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BIBLE CULTURAL CONTEXT ... ALCOHOLISM

What is Wine? (Function):

Relationship to God!

Deuteronomy 29: 5 – 6

You have not eaten bread, nor have you
drunk wine or strong drink, that you
may recognize and know **I am the Lord**
your God!

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BIBLE CULTURAL CONTEXT ... ALCOHOLISM

What is Wine? (Function):

Sign of God's Blessings!

Amos 9: 14

I will **Restore the Blessings** of My people Israel, and they shall build the waste cities and inhabit them; and they shall plant Vineyards and **Drink the Wine** from them; they shall also make gardens and eat the fruit of them.

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BIBLE CULTURAL CONTEXT ... ALCOHOLISM

**What is Wine? (Function):
Represents Christ's Blood!
Communion**

Luke 22: 20

**In the Same Way, after Supper, Jesus
Took the Cup, Saying, "This Cup is the
New Covenant in My Blood, which is
Poured Out for You!**

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BIBLE CULTURAL CONTEXT ... ALCOHOLISM

What is Wine? (Function):

Destructive Nature (Drunkenness)!

Genesis 19: 21

Come, let us make our Father **Drunk with Wine**, and we will lie with him, that we may Preserve Offspring from our Father."



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BIBLE CULTURAL CONTEXT ... ALCOHOLISM

What is Wine? (Function):

Rebellion & SIN!

Leviticus 10: 1; 9 (Nadab & Abihu)

Do not Drink **Wine nor Strong Drink**, You or Your Sons with You, when You Go into the Tabernacle of the Congregation, lest You die: It shall be a statute for ever throughout Your Generations!



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BIBLE CULTURAL CONTEXT ... ALCOHOLISM

Warning - Leaders!

Isaiah 55: 2 - 3

Woe to those who are **Heroes** at Drinking Wine, and **Valiant Men** in Mixing Strong Drink! Who Acquit the Guilty for a Bribe, and Deprive the Innocent of Their Rights!

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BIBLE CULTURAL CONTEXT ... ALCOHOLISM

Warning - Leaders!

Proverbs 31: 1 - 4

It's not for **Kings** or **Rulers** to take Strong Drink, lest they **Drink & Forget** what has been Decreed & Pervert the Rights of the Afflicted!

Titus 1: 7

An Overseer must be Above Reproach;
Unselfish, Not Easily Angered or
a **Drunkard!**



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BIBLE CULTURAL CONTEXT ... ALCOHOLISM

Wine - Boiled or Mixed w/Water!

- ☞ Prevent Drunkenness! (Dilute/Fermenting)
- ☞ Conserve the Supply!
- ☞ Used as an Antiseptic! (Kill Bacteria)
- ☞ Used Medicinally (Aid in Illness)

Wine Had a Much Lower "Alcohol"
Content in Biblical Times! Fermentation
Time Was Short; Alcohol Content was
Only **2 to 12 Percent!**

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21ST CENTURY CULTURE ... ALCOHOLISM

Societal Context . . . Dissipation!

Drunk with Wine!

Ephesians 5: 18

Do Not Get Drunk with Wine, for that is **Debauchery (Dissipation)**, but be Filled with the Spirit!

Unrestrained Behavior! Lacking Self-Control! Recklessness!
Irresponsible!

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21ST CENTURY CULTURE ... ALCOHOLISM

Destructive Powers - Internal Influences!

The Wine & Alcohol Industry
is Expected to Reach **\$1,594 Billion** by the
Year 2022

Today the Motives & Purpose of the Alcohol
Industry is to Get You to **Buy & Consume** in
Mass Quantities – **Wine & Alcohol!**

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21ST CENTURY CULTURE ... ALCOHOLISM

Destructive Powers - Internal Influences!

- **Lowers Brain Function!**
- **Destroys the Liver & Blood Vessels!**
- **Weakens the Body's Natural Defenses!**
- **Altered State of Control! (Alertness)**
- **False Sense of Well-Being! (Inhibitions)**
- **Promotes Brawlings! (Fights)**
- **Leads to Poverty (Divorce)!**

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21ST CENTURY CHURCH AGE ... MEMBER

**Christ Call the Church
Influencers & Imitators!**

Titus 2: 12

The **Grace of God** that has Appeared to all Men, Bringing Salvation, Teaches us that we Should Deny Ungodliness and Worldly Lusts, and that we should **Live Sober Minded (Righteously and Godly)** in this Present World!



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21ST CENTURY CHURCH AGE ... MEMBER

Influencers & Imitators!

Sober-Minded!

- ✗ Not Easily Influenced! (**Discernment**)
- ✗ Know Christ! (**Personal Relationship**)
- ✗ Know God's Word! (**Serious About Truth**)
- ✗ Know the Adversary! (**satan's Schemes**)
- ✗ Consistently Maturing! (**Growing Faith**)
- ✗ Always Examining Self! (**Sin**)



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21ST CENTURY CHURCH AGE ... MEMBER

Influencers & Imitators!

When is Drinking a Sin?

**When You Violate Your CONSCIENCE
(Your Christian Liberty)!**

**When YOU Come Under it's INFLUENCE
(Control)!**

When it Causes Others to STUMBLE!

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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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