

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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WHY IS AMERICA ... "OBESE!"



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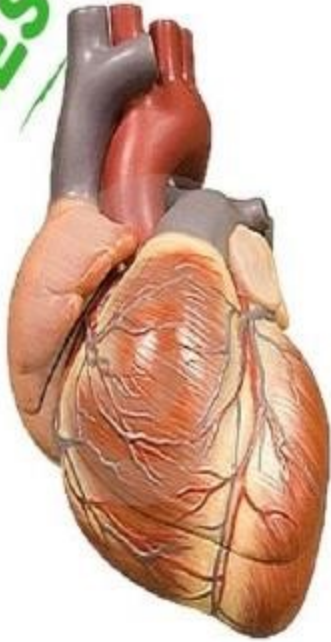
WHY IS AMERICA ... "OBESE!"



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REMEDIES



SEDENTARY

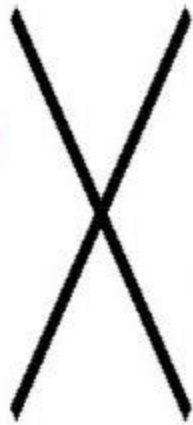


LIFESTYLE



CAUSES

SILENT



KILLER



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!**

LISTEN TO YOUR **BODY!**



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 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!

LISTEN TO YOUR **BODY!**



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!

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 - Make Some Lifestyle
Changes!

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



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

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



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!**



POWERPOINT ... THIS SERIES



What You
Eat Matters!
Our Appetites
Have
Consequences!



LISTEN TO YOUR **BODY!**



POWERPOINTS ... THIS SERIES

What You **“Think”** Determines the
Way You Feel . . . What You Feel
Determines 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!”**
- ✘ Desires (Appetites) Have Consequences
Origin & Sin of “Gluttony!”**
- ✘ Biblical Applications - “Pre & Post-Fall
Dietary Eating!” (Parts I, II & III)**



LISTEN TO YOUR BODY!

“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 – You Are Filled With “Response_ABILITIES!”**



LISTEN TO YOUR BODY!

TODAY'S TEACHING... CONCLUSION

I. He That Lives in Me (Filled w/Response_Ability)

a. Recognize Everyday . . . **Gift from God!**

i. Life is Short - **"Don't Live Carelessly"**

b. You Are Commanded . . . **Be Filled!**

i. Enabled & Empowered With -
"Response_ABILITIES!"

c. To Yield to the Spirit . . . **(4) Response_Abilities (Actions)!**



LISTEN TO YOUR **BODY!**

TODAY'S TEACHING ... CONCLUSION

- I. Personal Pleasures/Indulgences (Alcoholism)
 - c. 21st Century Church Age ... **Christ Called the Church "Live Sober-Minded!"**
 - i. Highest Examples of Holiness - **"Influencers & Imitators"**

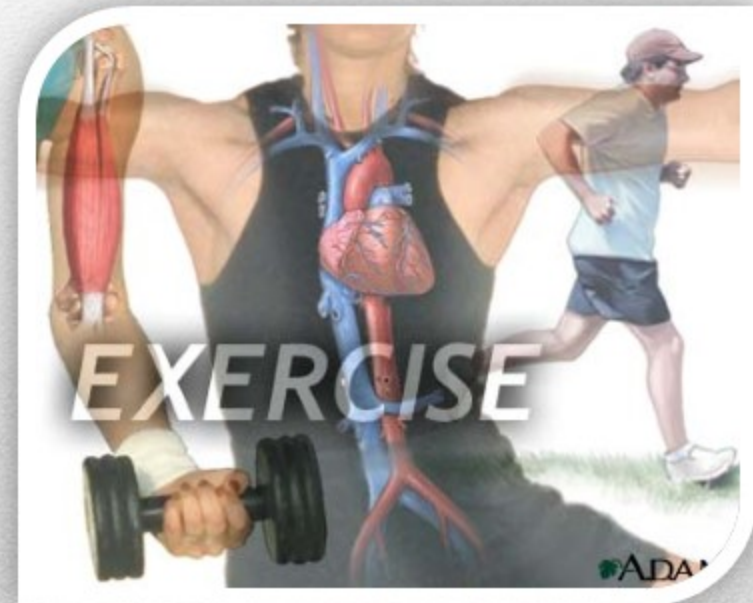
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DON'T LIVE CARELESSLY ... KINGDOM FIT

	green Leafy greens (collard, mustard, and turnip greens, swiss chard, kale, spinach and lettuces), asparagus, green peppers, broccoli, green beans, peas, green cabbage, green onion, brussels sprouts, peas, okra, zucchini, chinese cabbage (napa/bok choy), green apples, green grapes, honeydew melon, kiwifruit, limes
	yellow-orange Carrots, summer squash, corn, sweet potatoes, butternut squash, pumpkin, yellow peppers, rutabagas, cantaloupe, grapefruit, lemons, nectarines, oranges, peaches, pineapples, tangerines, apricots, mangoes, papayas
	red Tomatoes, spaghetti sauce, tomato juice, tomato soup, red peppers, red onions, beets, red cabbage, kidney beans, apples, pink grapefruit, red grapes, strawberries, cherries, watermelon, raspberries, cranberries, pomegranates
	blue-purple Eggplant, purple grapes, plums, raisins, blueberries, blackberries, purple figs, dried plums, black currants
	white Cauliflower, mushrooms, white beans, onions, garlic, parsnips, shallots, turnips, ginger, jicama, bananas, pears

The Colors of Health in the Bible



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LISTEN TO YOUR BODY ... LIFE IS SHORT!

Life is Short - Don't Live Carelessly!

James 4: 14

“You Do Not Know What Will Happen Tomorrow! **Your Life is Like a Vapor - a Puff of Smoke!** It Appears - You Can See it for a Short Time ... Then it Vanishes!”

LISTEN TO YOUR **BODY!**



HE THAT LIVES IN ME ... THE HOLY SPIRIT

You're Blessed – Empowered (DNA)

Radical Response-ABILITIES!

Wholeness

The State of Being Well in **Body, Soul**
(**Mind, Will & Emotions**) and **Spiritually!**

Wholeness in Christ is Being

Response-ABLE - Having Supernatural

Response-ABILITIES!

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LISTEN TO YOUR BODY!

HE THAT LIVES IN ME ... THE HOLY SPIRIT

**You Are Enabled & Empowered:
Radical Response-ABILITIES!**

- ☞ **Love** Your Enemies!
- ☞ **Forgive** 70 Times Seven!
- ☞ Someone Slaps You on the Right Cheek -
Turn & Give them the Other Cheek!
- ☞ If Your Right Eye Causes You to Sin - **Gouge**
it Out & Throw it Away!

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HEALTH COMPLICATIONS... IN AMERICA

75% of All Monies Spent on Health Care ... Due to Lifestyle Choices!

- Type II Diabetes!
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HE THAT LIVES IN ME ... THE HOLY SPIRIT

Filled w/Worldliness - Dissipation

Ephesians 5: 18

Do Not Get Drunk with Wine, for that
is **Debauchery (Dissipation)**!

Unrestrained Behavior!

Lacking Self-Control! Recklessness!

Irresponsible!

LISTEN TO YOUR **BODY!**



HE THAT LIVES IN ME ... THE HOLY SPIRIT

Be Filled With the Spirit!

(4) Response-Abilities:

Live Life ... Godly WISDOM!

Proverbs 3: 13 - 15

“Blessed are Those who find **Wisdom**, those who gain understanding, for She is **More Profitable** than Silver ... She is **More Precious than Rubies**; Nothing You Desire can Compare with her.”

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LISTEN TO YOUR BODY!

HE THAT LIVES IN ME ... THE HOLY SPIRIT

Be Filled With the Spirit!

(4) Response-Abilities:

Render Your Body - A SACRIFICE!

Romans 12: 1

**“I Urge you, Brothers and Sisters, in View of
God’s Mercy, to Offer Your Bodies as a
Living Sacrifice!”**

**To be LIKE CHRIST is to Live
SACRIFICIALLY!**

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HE THAT LIVES IN ME ... THE HOLY SPIRIT

Be Filled With the Spirit!

(4) Response-Abilities:

Grow in Spiritual Knowledge of God!

2 Peter 3: 18

“But Grow in the **Grace and Knowledge of our Lord and Savior Jesus Christ.”**

Focus Your Life on **Growth in the **Knowledge** of God!**

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HE THAT LIVES IN ME ... THE HOLY SPIRIT

Be Filled With the Spirit!

(4) Response-Abilities:

Have a Mind to PLEASE GOD!

Romans 8: 6

“The Mind of Sinful Man is Death, but the Mind Controlled by the Spirit is Life and Peace!”

**Two MINDs: The Carnal Mind
& Mind Led by the Spirit!**

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HE THAT LIVES IN ME ... THE HOLY SPIRIT

You Have Been GIFTED!

- ✂ GIFT of Life! **2 Corinthians 5: 17**
- ✂ GIFT of Grace! **Ephesians 2: 8 - 9**
- ✂ GIFT of Strength! **Philippians 4: 13**
- ✂ GIFT of Holy Spirit! **Acts 1: 8**
- ✂ GIFT of Freedom from SIN! **Romans 8: 1**
- ✂ GIFT of ACCESS to God! **1 John 5: 14 - 15**

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