

Bodily Stewardship

"So whether you eat or drink or whatever you do, do it all for the glory of God." 1 Corinthians 10:31

Biblical Application?

Stewardship is defined as "the job of supervising or taking care of something." Our Medi-Share members agree that taking care of the body honors the Lord, as we see several times throughout Scripture:

"I will praise You, for I am fearfully and wonderfully made; Your works are marvelous and my soul knows it very well." (Psalm 139:14)

"Our bodies belong to the LORD," (1Cor. 6:15, 19-20)

"And God said, Let Us make man in Our image." (Gen 1:26-27)

"And God saw everything that He had made, and behold, it was very good." (Gen 1:31)

Why?

Healthy body management, including key functions like regular exercise, sensible nutrition, and sufficient sleep is not an end in itself. Rather, it puts us in a better place to serve God—to fulfill His calling—across the entire spectrum of life areas, and it puts us in a better place to be able to help others as well.

Taking care of the body promotes better health and fitness, enabling us to apply financial resources for building up the family, church, and community rather than for the treatment and management of preventable, lifestyle-related diseases and injury.

What?

Bodily stewardship fosters the idea that our health is a gift from the Lord. As a gift, it's our job to nurture and protect it.

Have you ever heard someone make statements like, "We should enjoy good health" or "Rejoice in your good health"? It begs the question: what is good health? Health is not just the absence of disease. Rather, it is felt, it is purposeful, and it can be achieved.

While God does not guarantee immunity from disease, Scripture does teach that good health is often a function of choices.

It is no surprise that current scientific research indicates that our choices have a greater impact than genes in determining our health, level of function, quality of life, and longevity. God calls us to be good stewards of all He has placed in our care, including our minds and bodies.

Is health something you want to begin to nurture more purposefully? As with any goal, the first step is to begin. Look for sustainable behavior changes that you can do to take small steps toward bigger goals.

The way we choose to take care of God's greatest creation is a way we can honor and glorify Him!

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies." (1 Corinthians 6:19-20)

How?

- Create specific health goals that you would like to begin to work towards
- Form an environment that supports you in these desired goals
- Find an accountability partner or health coach
- Pray for God's strength as you work to change habits

Imagine the possibilities! Adopting a healthy life-style allows you to reap the benefits in terms of longer, healthy lives. It affords the ability to give back to your family, church, community, and organizations that share your passion. Living healthy allows the ability for churches and organizations to commit to leading others, providing the necessary resources and knowledgeable team members to become vibrant centers for promoting the health, fitness, function, quality of life, and longevity of their members or customers. It starts with us!