

SAND & SURF
"Sunscreen"
Pastor Michael Lee
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Psalms 24:1 (ESV)

CENTRAL TRUTH:

My body belongs to God, therefore, I have a stewardship responsibility to live a healthy lifestyle.

Principle at Work:

The food and physical activity choices I make every day affect my health and how I feel today, tomorrow, and in the future—and these are spiritual matters.

THE A,B,C's OF A HEALTHY BODY

I. GET PROPER SLEEP

A. Sound, restful 7-8 hours of sleep is a vital part of a healthy lifestyle

B. The Benefits of Getting Proper Sleep

- Increases energy
- Improves concentration
- Enhances memory
- Improves physical performance
- Enhances good decision-making
- Helps the body make repairs
- Reduces stress
- Helps keep heart healthier
- Stabilizes mood swings

II. GET REGULAR EXERCISE

A. The Benefits of Regular Exercise

- Controls blood pressure
- Reduces cholesterol
- Prevents heart failure
- Reduces chances of chronic diseases
- Creates more energy
- Helps relieve psychological variables
- Promotes better sleep
- Reduces stress

B. F.I.T.NESS BASICS – Health experts recommend exercising at least 3-4 days a week, maintaining a target heart rate zone of 60%-80%, for a period of 20-30 minutes.

III. MAINTAIN A HEALTHY DIET

A. The Benefits of a Healthy Diet

1. Improved health – Reduces or protects against....

- High blood pressure
- High cholesterol
- Heart disease
- Type 2 diabetes
- Certain cancers
- Arthritis
- Osteoporosis
- Osteoarthritis
- Sleep apnea
- Respiratory problems
- Gallbladder disease
- Abnormal menstrual cycles

2. A healthy diet also:

- Increases energy
- Meets nutritional needs
- Prevents weight problems
- Strengthens immune system

B. A Healthy Eating Plan Includes:

1. Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
2. Includes lean meats, poultry, fish, beans, eggs, and nuts.
3. Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

LIFEGROUP DISCUSSION QUESTIONS

Going Deeper into the Message

1. Discuss how living a healthy lifestyle is a spiritual matter. What is the spiritual basis for getting proper sleep, exercising regularly, and eating healthy?
2. Evaluate your sleeping habits on a scale of 1 (poor) to 10 (great). What can you do to get sound, restful 7-8 hours of sleep per night?
3. Which of the benefits of getting proper sleep do you most need?
4. Evaluate your exercising habit on a scale of 1 (poor) to 10 (great). Devise a plan that can help you achieve "Fitness Basics" (see notes).
5. Evaluate your eating habits on a scale of 1 (poor) to 10 (great). Devise an "eating healthy plan" for yourself and share with the group.

6. It is often easier to achieve healthy lifestyle goals when you have an accountability partner. Think of someone you could ask to help you stick to your goal of getting proper sleep, exercising regularly, and eating healthy, and jot down that person's name on the line below:

Responding to the Message

7. What one insight from the message seems most personally significant to you right now and what action can you take in the next week to start putting this into practice or to cooperate with God in bringing about this transformation?