

**Physical Margin**  
**October 2, 2016**  
**Lynn Haven UMC**

**Introduction**

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body. (1 Corinthians 6:19-20 NLT)

Let that message soak in for a minute. Our bodies are not our own. They are a gift from God intended to serve as a dwelling place for the Holy Spirit. When we reflect upon the magnitude of the gift He has given us, we must examine ourselves and ask the million dollar question: what kind of Holy Spirit habitat am I creating?

**Digging Deeper**

Physical Margin comes through the way...

We SLEEP.

- In Psalm 4:8, David is able to sleep because he is confident that the Lord alone will keep him safe. Discuss how lack of sleep could be a symptom of forgetting to trust in God.
- REM is a state of deep sleep that allows us to dream more vividly. The Bible provides numerous examples of how God used dreams to communicate with His people. Do you think it is possible for people today to connect with God through deep sleep and vivid dream cycles? Have you had such an experience?
- God created us to work hard, then rest. In Genesis 2 we read about how the Lord rested after He saw that all He has created was good (and even called this time of rest holy). If God recognized the benefits of a good resting period, and we were created in His image, then logic dictates that we should follow suit. Do you struggle with allowing yourself the proper amount of time to rest?

We EXERCISE.

- We honor God by taking care of our bodies. Healthy bodies are better able to serve Him and His people. Read Romans 12:1 (NLT). In what ways can exercise be considered a form of worship?
- Exercise produces endorphins. Endorphins make you happy. Happy people are thankful people. Thankful people know they didn't get where they are on their own. Do you have an exercise partner to help keep you accountable to working out on a regular basis? In what ways can this type of Christian fellowship develop our faith?

We EAT.

- We all know that one of the fruit of the Spirit is self-control. And you've probably heard people chanting "motivational" expressions like "a moment on the lips, a lifetime on the hips" and "nothing tastes as good as thin feels". But let's keep it real folks, resisting your favorite foods isn't always easy! Talk about some of the biggest challenges you face when committing to a healthy eating plan. How can we begin to overcome these obstacles by thinking of food from a Biblical perspective?
- The Bible tells us in Genesis 1:29 and 9:3-4 that the Lord has provided all the food we need in nature. While grocery shopping, try to remember this nutritional advice: if it contains ingredients your grandmother couldn't pronounce, you probably shouldn't buy it. Simply put, God created the foods HE planned for us to eat. Talk about the importance of incorporating a healthy eating plan into your busy schedule and how you plan to accomplish it. Try it out for at least one full week and share the results with your group or a spiritual friend. This will most likely include sacrifices, extra time in the kitchen and a healthy dose of self-control. But you have a pretty powerful weapon on your side: God!

### **Conclusion**

1 Corinthians 10:23 and 31 (NLT) provides us with some of the best free advice you'll ever receive. "So whether you eat or drink or whatever you do, do it all for the glory of God."

Physical margin is ultimately all about stewardship. God owns our bodies and gives them to us for us to use during our earthly journeys. So how we care for them says a lot about how we feel about God and what we want to communicate to others about Him.