

Ladies of Grace
Bible Studies for Women

A Woman & Her Walk With God Series

Encouraging Women to Walk With God on the Brighter Side of Life



Volume One
Issue Thirteen

A Woman & Her Health Continued . . .

Last week we began our study on a woman and her health. We learned that the most important thing we can do to maintain the kind of health that God wants us to have is to make sure that we are “working out” spiritually. The Bible says in I Timothy 4:7-8 says, *“But refuse profane and old wives fables, and exercise thyself rather unto godliness. For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come,”* reminding us that as we train ourselves to be the strong, godly women that God wants us to be, He seems to take that strength and use it to help us become profitable in other areas of our lives as well.

Today we are going to talk about two areas of our health that directly profits from our spiritual strength when we make the effort to “exercise ourselves unto godliness” ~ our emotional and physical health. This lesson will focus on the aspects that God wants us to know about keeping ourselves physically healthy, and as we get started, I want you to keep in mind what we learned last week: ***the quality of a woman’s health rests in her willingness to be strong in the Lord, and not in herself.***

What does it mean to be physically healthy? If I ask the average woman, she will tell me that it means to be thin and ‘in shape’, free of sickness, have shiny hair, long nails and be suntanned. If you ask her how she is supposed to become this way, she will tell you that it takes plenty of dieting and eating right, exercising and working out, an abundance of nail and hair products, and plenty of time in the sunshine or many visits to a tanning booth.

As we come together to talk about a woman and her physical health today, is this the way you think too? Do you believe that physical health is all about looking good and feeling good, or do you believe that there is more to it than that?

If you believe that there is more to being physically healthy than looking good by eating right and exercising regularly, you are right. For God has set the standard of our optimal physical health so much higher than just how we look and how we feel . . . To Him it is all about how we are glorifying Him with our bodies, how useful our physical strength is to Him and how careful we are at providing a healthy place for His Holy Spirit to live within us.

*The Ladies of Grace Bible Studies for Women are written by Mrs. Julie Fink as a ministry of the Grace Baptist Church, 501 N. State St., Lockport, IL 60444, David M. Fink, Pastor.
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THE PURPOSE OF OUR PHYSICAL HEALTH (I Corinthians 6:12-20)

1. For the Lord's usefulness
2. For a place for the Holy Ghost to dwell in
3. For the purpose of glorifying God

WHAT OUR PHYSICAL STRENGTH IS TO BE USED FOR

1. To serve the Lord (Deuteronomy 10:12; I Corinthians 15:58; Ephesians 6:7)
2. To serve others (Mark 10:43-44; Philippians 2:1-8)

HOW OUR SPIRITUAL STRENGTH HELPS US TO BECOME PHYSICALLY FIT

1. It helps us to stay morally pure (I Corinthians 6:13-18)
2. It helps us to become moderate in our eating (I Corinthians 6:12-13; Philippians 3:18-19)
3. It helps us to have the right attitude about our diet (I Timothy 4:4-5; I Corinthians 10:23-31)
4. It helps us to stay focused on strengthening ourselves by doing physical labor (Proverbs 31)
5. It helps us to remember who made us and what we were made for (Romans 14:8)
6. It helps us to recognize that the purpose of our physical health is to bring glory and honor to God (I Corinthians 6:19-20)
7. It helps us to know where to turn when we need special physical care (II Chronicles 16:12; James 5:13-15; Matthew 9:12)

What are some hindrances to maintaining our optimal physical health?

- Vanity (being consumed with looking good for your own gain)
- Pride (taking care of yourself in a way contrary to God's way)
- Self-indulgence (excess eating, drinking, drugs, alcohol, cigarettes, fornication)
- Laziness (not willing to take care of yourself like you are supposed to)
- Foolishness (following the world's ways of taking care of yourself physically, rather than God's)

As Christian women, God wants us to be in tip top physical shape. Why? So that He can use our lives to bring Him glory and honor by serving Him and living for others. And how does He expect us to stay physically fit? By admonishing us to live morally pure, work physically hard, be moderate in our eating, and to be spiritually sensible when we need extra physical care.

Next time we meet, we will talk about what the Bible has to say about how we should take care of our emotional health.