

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



A Woman & Her Health

"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." 1 Timothy 4:8

Today we are going to talk about a subject that is near and dear to most of our hearts ~ A Woman & Her Health. If there is one thing that many women consider to be a priority, it is in the importance of taking care of themselves physically, and maintaining a good quality of emotional health. If you don't believe me, just think about all the money that women spend on vitamins, gym memberships, exercise videos, health food, doctor visits, cosmetics, beauty salon services, depression drugs, divorce lawyers, psychiatric help, and self-help books. Taking care of ourselves physically and emotionally has become a national pastime for women in this country, and because of this, you would think that we would be a nation filled with women of glowing health. But you know what? The complete opposite is true. Women in our country are not recognized on the whole as women of health, but women of stress, disease, and heartache. We are a nation of women that are known for running from our problems, popping pills to escape reality, and looking to surgery, rather than diligent behavior to deliver us from our physical ailments and problems. The truth of the matter is, that the general health of the women in our country is deteriorating, and it is not because they aren't working hard at taking care of themselves . . . It is just that most of them have never learned to take care of themselves in the right way . . . God's way.

Today we are going to take a look into the Word of God and see what God has to say about what we should do to maintain our health so that we will be able to enjoy the life that He has given to us to its fullest.

Let's begin by reading the following passages: I Timothy 4:1-9; I Corinthians 6:12-20; I Corinthians 10:1-33

As we read these verses, the first thing that we notice is that God has asked us to glorify Him in two areas of our lives: in our body and in our spirit. Of the two, which one does He command us to care for the most? OUR SPIRIT. Isn't it interesting that taking care of ourselves spiritually is the most important thing that God wants us to do, and yet it is the one thing that our society rarely ever encourages us to do?

God has His own ideas about what makes a woman healthy or unhealthy, and as we begin to understand what makes us strong, and what tears us down, we will be able to take the right kind of care of ourselves, and thereby experience the good quality of life that God has ordained for us to live.

To begin with, I want to remind us that God is well aware that a woman is made up of three parts: spirit, soul & body. He reminds us specifically of this in I Thessalonians 5:23 when He had the Apostle Paul write, *"And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ."* Sometimes Christian women forget this, and they get nervous about looking to God for wisdom and advice in regards to the best way of taking care of your health ~ but I can assure you that there is nothing to fear when looking to God for the source of our health plan. After all, He is the One that made us and He is the One that cares about us being preserved in the best way we can be.

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A Woman & Her Walk With God Series

GOD'S PLAN FOR A WOMAN'S OPTIMAL HEALTH

WORK ON BECOMING SPIRITUALLY STRONG (I Timothy 4:1-9)

The Bible tells us in these verses that we are to “exercise ourselves unto godliness.” The word ‘exercise’ in that passage means to: *train thyself diligently, like one would do for the Olympic games.* This is to be our first priority in becoming the healthy women that God wants us to be. Why is exercising ourselves in godliness so important? Because God says in that same passage that “*godliness is profitable unto all things.*” And those ‘all things’ are going to become what we **need** to help us maintain our physical and emotional health in this sinful and less than ideal world.

Spiritual Exercises That Will Help Us To Gain Godly Strength:

1. **Work out your own salvation.** (Philippians 2:12) *What does this mean? It means find out for yourself what God's Word says about how to get saved. Don't be lazy and just take someone else's word for it.*
2. **Work on having faith in time of fear.** (Hebrews 11:6) *Train yourself to run to God with your problems and not to man (friends, psychiatrist, yourself). Our true faith in God is revealed by who we run to in our times of trial.*
3. **Work on serving others, rather than yourself.** (Galatians 5:13) *God has called us to use our time, talents, and treasures to serve God by serving others, not ourselves.*
4. **Work on obeying God's Word, rather than your own desires.** (Romans 6:6-11) *God has a plan for every part of our lives. And within His plan, He has procedures for us to follow in order to carry out His plans. Take marriage for example: God has a plan that man should not be alone, so He gives him a wife. But in the midst of that plan of man having a wife, God gives the man and woman procedures to follow: man is to love and lead, the woman is to submit and surrender.*
5. **Work on separating yourself from evil.** (II Corinthians 6:17) *God's Word tells us that He wants us to come out from among people that do evil (liars, gossips, adulterers, idol worshippers, those that abuse their bodies, etc.), and that He also wants us to separate ourselves from things that are evil (wicked music, TV, movies, profanity, drugs, alcohol, smoking, pornography, wicked literature, etc.).*
6. **Work on presenting your bodies as a holy sacrifice.** (Romans 12:1-2) *God wants us to present our bodies to Him as a holy sacrifice ~ something that is kept clean and ready for the Master's use. How can we do this? By not being conformed to this world, but by being transformed by the renewing of our minds.*
7. **Work on seeking God first in your life.** (Matthew 6:33) *The Bible teaches us that as we seek God first in our lives, that He will take care of the needs that we have, and the desires of our hearts (Psalm 37:4).*
8. **Work on attending the services and activities of your local church.** (Hebrews 10:25) *The services at your local church are designed to encourage, equip, and edify your spiritual health. Everyone needs fellowship with likeminded people, and God has established your local church as the place for you to find this fellowship.*
9. **Work on reading your Bible and praying each day.** (II Timothy 3:16-17; Philippians 4:6) *All relationships are built using communication, and your relationship with God is no different. If you want to know Him, you must read His Word. If you want Him to know what is going on with you, you must pray to Him.*
10. **Work on taking responsibility for your own actions and sins.** (James 4:17) *The Bible says when we know we are supposed to do something and we don't do it, that it is sin. If we are ever going to gain spiritual strength and become the healthy women that God wants us to be, we are going to have to start taking responsibility for our own disobedient actions and sins, and stop blaming them on everyone else.*

Wow! God sure does place an awful lot of emphasis on us strengthening ourselves spiritually, doesn't He! Yes, He does. God wants us in tip top shape spiritually so that we can have all the strength that we will need in this life to serve Him and bring glory and honor to His name.

But what about our physical and emotional well-being? Doesn't God care about us taking care of that part of our health as well? Yes, He does. And those will be the things that we will talk about next week!