

Go Green:  
Building a Healthy You – Physically, Spiritually, Emotionally, and Intellectually

Quick update from the Perseverance sermon on June 23, 2019



Ricardo Sanchez signing with KC Royals

4-Week Sermon Series Overview:

Week 1 – Go Green: Building a healthy environment

**Week 2 – Go Green: Building a healthy you**

Week 3 – Go Green: Building healthy relationships

Week 4 – Go Green: Building healthy community

**Psalm 8:1-9 (NASB)**

<sup>1</sup> O Lord, our Lord, How majestic is Your name in all the earth, who have displayed Your splendor above the heavens!

<sup>2</sup> **From the mouth of infants and nursing babes You have established strength because of Your adversaries, to make the enemy and the revengeful cease.**

<sup>3</sup> When I consider Your heavens, the work of Your fingers, the moon and the stars, which You have ordained;

<sup>4</sup> What is man that You take thought of him, And the son of man that You care for him?

<sup>5</sup> Yet You have made him a little lower than God, and You crown him with glory and majesty!

<sup>6</sup> You make him to rule over the works of Your hands; You have put all things under his feet,

<sup>7</sup> All sheep and oxen, and also the beasts of the field,

<sup>8</sup> The birds of the heavens and the fish of the sea, whatever passes through the paths of the seas.

<sup>9</sup> O Lord, our Lord, how majestic is Your name in all the earth!

**Beginning**

- Psalm 8:2 – From the mouths of infants and nursing babies, God establishes His strength.
  - God’s strength is demonstrated in his ability to CREATE .
  - The devil’s strength is demonstrated in his ability to DESTROY.
- Why do we love going out into and feel great when we are in the wilderness of nature?
  - Because it’s in nature that we sense that God is creating and recreating life.
  - We love to go to and wander in God’s creation because in it we feel truly ALIVE.
  - What do we call wandering in nature? We call it RE-CREATION.
  - Psalm 19:1-2 (NLT)
    - <sup>1</sup> “The heavens proclaim the glory of God.  
The skies display his craftsmanship.
    - <sup>2</sup> Day after day they continue to speak;  
night after night they make him known.”
  - God’s re-creation makes us feel better than the plastic and fabricated creations of a man-made world. Why? Because what God created is life-giving and speaks to our soul.

**“Everyone thinks of changing the world, but no one thinks of changing himself.” Leo Tolstoy**

Go Green:

Building a Healthy You – Physically, Spiritually, Emotionally, and Intellectually

**1. Building a healthy and sustainable life involves honoring God with our physical bodies.**

a. Psalm 139:14 (NASB)

<sup>14</sup> "I will give thanks to You, for I am fearfully and wonderfully made; Wonderful are Your works, and my soul knows it very well."

b. 1 Corinthians 6:19-20 (NASB)

<sup>19</sup> "Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own?

<sup>20</sup> For you have been bought with a price: therefore glorify God in your body."

**2. Building a healthy and sustainable life involves a growing spiritual life.**

a. Philippians 3:5-7; 8-11 (NLT)

<sup>5</sup> I was circumcised when I was eight days old. I am a pure-blooded citizen of Israel and a member of the tribe of Benjamin—a real Hebrew if there ever was one! I was a member of the Pharisees, who demand the strictest obedience to the Jewish law. <sup>6</sup> I was so zealous that I harshly persecuted the church. And as for righteousness, I obeyed the law without fault. <sup>7</sup> I once thought these things were valuable, but now I consider them worthless because of what Christ has done. <sup>8</sup> Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For his sake I have discarded everything else, counting it all as garbage, so that I could gain Christ <sup>9</sup> and become one with him. I no longer count on my own righteousness through obeying the law; rather, I become righteous through faith in Christ. For God's way of making us right with himself depends on faith. <sup>10</sup> I want to know Christ and experience the mighty power that raised him from the dead. I want to suffer with him, sharing in his death, <sup>11</sup> so that one way or another I will experience the resurrection from the dead!

b. We were created to know God and make Him known. (Relationship, not religion)

**3. Building a healthy and sustainable life involves a nurturing a healthy emotional life.**

a. Proverbs 17:22 (NLT)

<sup>22</sup> "A cheerful heart is good medicine, but a broken spirit saps a person's strength."

b. Be positive – Jesus resurrected from the dead and is coming back.

c. Be positive – it is life-giving to your entire self and to others in your life.

d. Forgive early and often – not in a co-dependent way, but in a Biblical way.

i. Ephesians 4:32 (NASB)

<sup>32</sup> "Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you."

**4. Building a healthy and sustainable life involves stimulating a healthy intellectual life.**

a. Proverbs 24:14 (NIV)

<sup>14</sup> "Know also that wisdom is like honey for you: If you find it, there is a future hope for you, and your hope will not be cut off."

b. Stimulate your mind with reading

i. "Fit bodies, fat minds" Os Guinness

ii. Read the Bible – find a plan; use the Bible app.

iii. Read the works of dead people – William Law, Corrie Ten Boom, Kierkegaard, etc.