

Lesson One - REBUILDING

Lesson One is taken primarily from Part I: God's Plan for Your Good Health out of the book "Get Healthy for Heaven's Sake" by Lisa Morrone, P.T.

Scriptures references will be given throughout this study.

You are encouraged to open your Bibles and read every reference given.

Invest in Your Future – 5 Points to Ponder

1. You need to become proactive in your own healthcare in order to preserve and protect your life.
2. You can reverse the negative and move forward to maintain the positive.
3. The goal is to be able to be more effective for the kingdom of God.
4. Wellness is a journey, not a destination.
5. Past failures do not need to be predictors of your future.

BETTER HEALTH, NOT PERFECT HEALTH

Throughout this whole process, keep in mind that you are on your way to better health, not perfect health. We must pursue it in the same way we seek to live holy lives: a little more each day, one good choice at a time, experiencing failures along the way, demonstrating repentance, and receiving forgiveness. And even with all the ups and downs we will inevitably experience, if we remain determined, our journey will be characterized by forward momentum, increasingly enjoying more of what God wants for us! (Get Healthy, p. 33)

Why be well?

Ever feel like there is so much you should do that you become overwhelmed and simply do nothing? That's how most people feel when they realize that they need to make changes in the way they care for their bodies. This is often a start and stop battle for most people, and there are two basic reasons why failure usually causes a person to give up:

1. Health goals are temporal (fit into jeans, lower cholesterol, feel better). When goals are temporal, results are temporary.
2. Willpower is the main driver.

"If we are to stay on the path toward improved health and wellness, we need to change our focus, our goal, and our motivation. We must fix our eyes heavenward and begin to concentrate on what God wants and desires for us. Many of you will be surprised at how much the Scripture has to say when it comes to your physical health and wellness. Usually the best place to start an investigation is at the beginning – but for our purposes today, we'll need to start before the beginning..." (Get Healthy, p. 18)

- 1.) How and why were we created? See *Psalm 139:15-16, Isaiah 49:5, Jeremiah 1:5 & Ephesians 2:10*

- 2.) Where did the Holy Spirit dwell in the Old Testament? See *Exodus 25:8, Deuteronomy 12:5 & 1 Kings 8:13*
- 3.) Where does the Holy Spirit dwell now? See *1 Corinthians 6:19*

“Viewing your physical body as a temple of the Holy Spirit is a vital perspective for you to have before embarking on a new journey toward better health. It will serve to anchor your determination to get well and stay well on something far more substantial than your own desires and good intentions. Throughout history the people of Israel meticulously built, rebuilt, and cared for the temple building where their God was known to dwell. They did this out of a sense of love, honor, and duty for the Lord. Striving to keep our “temples” in good shape also reflects our love and devotion to the Lord.” (Get Healthy, p. 21-22)

- 4.) Are we to honor God with our bodies much like we do with our other gifts such as skills, time & wealth? See *1 Corinthians 6:19*
- 5.) How does *Mark 12:30* confirm that we must be good stewards of our physical bodies? (Hint: One of the 4 ways we are to love God).
- 6.) When we concentrate some of our efforts on restoring & maintaining our health, what are we then able to do for God? See *Romans 12:1*

“[One of the two Greek words] translated in the Bible as ‘worship’ is latrueuo (pronounced lat-ROO-o) or latreia (lat-RAY-ah). It is this word we find used in Romans 12:1 when Paul speaks of our ‘spiritual act of worship.’ Latreia, which is best defined as ‘to labor for or serve,’ reflects an active form of worship. Paul is urging us to worship God by laboring as His ambassadors in service to the church and in ministry to the world. When we offer our bodies up to God in this way, as a living sacrifice, we should also be saying: ‘Lord, I will make the sacrifices necessary to maintain a body that is ready, willing, and able to serve you.’” (Get Healthy, p. 26)

A Biblical Blueprint for Restoration

- 7.) How does Psalm 30:2 tell us to seek improved health?
- 8.) The book of Nehemiah has many themes, and one of the main themes is that of restoration. With that theme in mind, please read Nehemiah chapters 1 – 4 and 6. Note Nehemiah’s actions with regard to restoring the wall around Jerusalem.

After 70 years of captivity in Babylon, the Israelites were slowly returning to Jerusalem only to find the city in a position of vulnerability and disgrace with much in ruin, including the walls surrounding the city. Nehemiah knew the walls must be rebuilt in order for the people living in Jerusalem to be safe.

The steps that Nehemiah took provide a roadmap or action plan for rebuilding of any kind, including rebuilding of our bodies, from a broken down state.

Step 1: Cry Out to the Lord (Nehemiah 1:4)

- This step usually needs repeated often.
- Lasting change only happens with the Lord’s intervention.
- Grieve your present condition & past choices.

Step 2: Seek His Forgiveness (Nehemiah 1:4)

- We must be willing to confess our sin and take ownership of our disobedience.
- Admit your mistakes, learn from them and move forward.
- 9.) Proverbs 23:2 and 20-21 speak of some obvious sin with regard to our bodies. Could neglect of our bodies be placed in the same category?
- 10.) The Bible doesn't specifically say that neglect of our bodies is a sin, but Proverbs 14 contains many references about laziness. Read this portion of scripture and consider how that may have an impact specifically with regard to how someone treats her body.

"If we are to successfully regain and maintain our vitality, we must approach the throne of our Maker and take full responsibility for the things we've done (or not done) that have left our bodies prematurely vulnerable to sickness or disability. Then we must determine not to continue walking the same path. This restorative repentance will allow us to honestly dedicate ourselves to making things right – as far as it depends on us." (Get Healthy, p. 33)

Step 3: Ask for His Empowerment (Nehemiah 1:11)

- The word success is used in some versions, and it means the same as empowerment.
- God will always grant us the power to do that which is according to His will.
- As you prepare to battle (making changes is always a struggle and often a battle), bathe your efforts in prayer.

Evangelist R.A. Torey says this about prayer:

"The reason many fail in battle is because they wait until the hour of battle. The reasons why others succeed is because they have gained their victory on their knees long before the battle came... Anticipate your battles, fight them on your knees before temptation comes, and you will always have victory." (Get Healthy,

We are often unsuccessful to change because we try to accomplish change on our own strength. Ask God for success, and keep on praying for and about that which you know is his will. He desires for you to be healthier and stronger and better able to do his will.

Step 4: Take an Honest Assessment of Your Health (Nehemiah 2:11-16)

- Notice that Nehemiah's assessment took place privately (and so did steps 1-3) between Nehemiah and God.
- A. Appraise current conditions
- B. Decide what you'd like conditions to be in the future
- C. Construct a specific, prioritized plan of action
- Be realistic and take into consideration where you are now. For example, walk regularly before you start running regularly.

Step 5: Verbalize Your Commitment to Change (Nehemiah 2:17-18)

This is where the rebuilding process steps into the public realm. Telling someone else about your commitment to change solidifies the decision to move forward in this area of your life. Tell someone who will remind you, encourage you and help hold you accountable for the changes you intend to make.

Step 6: Develop a Detailed Plan of Action (Nehemiah 3)

- Your plan of action will look different from everyone else's plan of action as it is, and should be, highly individualized.
- Knowledge is certainly power when it comes to making changes. Use the Recommended Reading and Additional Resources provided to help begin your education.
- Not a big reader? Ask someone who is where you want to be in at least one area for advice and/or help.

Step 7: Use the Buddy System (Ecclesiastes 4:9)

Nehemiah shared his vision with like-minded people. He even had half the people working while the other half stood watch for enemies. Thus, the "Buddy System" was crucial to the rebuilding of the wall.

Step 8: Celebrate Your Success (Nehemiah 6:15)

- 11.) How have you celebrated success or rewarded yourself in the past for reaching a goal?
- 12.) How did Nehemiah and the Israelites celebrate their goal?

Health Information

In order to delve into some more specific areas, we need to know our current state. This requires some education, which usually requires reading. Keeping in mind that you will have at least a couple of weeks to complete the lessons, please take the time to read through "[Dimensions of Wellness](#)" in preparation for the "Small Changes" homework listed below.

Note that "[Dimensions of Wellness](#)" and the wellness assessments have some repeating information, but they should complement each other to help give you assess where you are with regard to health and wellness. Both also provide assessment tools to help you thoroughly gauge your current state of health and wellness.

Remember that we are rebuilding at this point, so we must create a solid base. We can only do that with a true and accurate assessment of our current state.

Special Note: "[Dimensions of Wellness](#)" uses the word 'tolerance' in various forms. For our purposes, think of tolerance as a willingness to listen to others with the goal of then pointing them to Christ. By no means do we mean an acceptance of beliefs that contradict what the Bible teaches. For a better understanding of the dangers of tolerance based on the dictionary definition, please read "[The Sin of Tolerance](#)" by Billy Graham.

Small Changes

This "homework" revolves around the idea that you can't know where you are going until you know where you are. Please take the time to print and complete one or both of the assessments listed. Use them as guides to start applying Nehemiah's Blueprint for Restoration, which we just covered in our Bible study.

* [Wellness Assessment](#)

* [Wellness Assessment 2](#)

Consider sharing and discussing your assessment(s) with others who can encourage you, help you set goals, and help keep you accountable. Keep these assessments handy as we discuss specific areas in the coming weeks.