



TOUGH STUFF

LOOKING AT THE CULTURE THROUGH A GOSPEL LENS



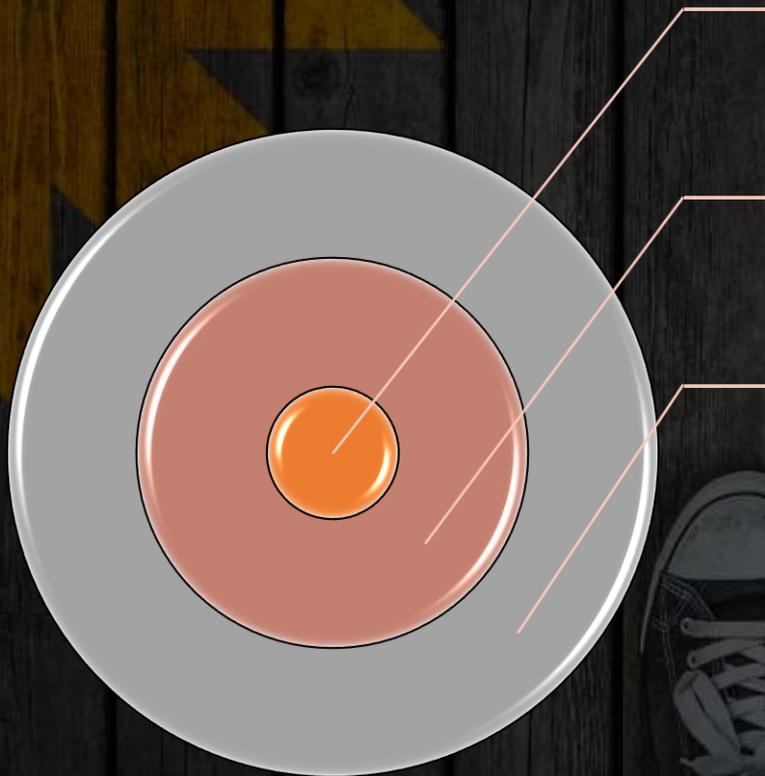
TOUGH STUFF

LOOKING AT THE CULTURE THROUGH A GOSPEL LENS

What Does the Bible Say About Our
Personal Health

Perspective

The Three Elements of Our Faith



Essential Elements → core truths of the Gospel; saving faith with commitment to be a disciple of Jesus

Important Elements → our interpretation of Bible truth on non-salvation topics; “best practices”

Personal Elements → our personal preferences where the Bible doesn't give guidance

This issue of Personal Health is NOT an Essential of our salvation

What Our Culture Tells Us About Our Health

- If you lose weight/get more fit/eat better we will be more...
 - Attractive
 - Popular
 - Healthy
 - Athletic
 - Wealthy
 - Smarter

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Some Statistics About Our Health Priorities

- In the US and Canada, people spend about \$2,000,000,000,000 (that's \$2 Trillion!) on food at grocery stores and restaurants
- The grocery industry in the US spends \$190 Billion in advertising
- Each year people around the world spend \$100 Billion on gyms, fitness clubs, fitness centres
- People around the world spend \$12 Billion every year on fitness equipment

Some Statistics About Our Health Spending

Canada

- Total health spending in Canada to reach \$308 billion in 2021
- That equals \$8,019 per Canadian
- Health spending represents 12.7% of Canada's GDP

Globally

- \$7.8 Trillion in 2017 (\$US)
- \$1,080 per person (very unevenly distributed)
- 10% of global GDP

Some Statistics About Our Health Outcomes

— *Tackling* —

OBESITY IN CANADA

OBESITY AND EXCESS WEIGHT RATES IN CANADIAN ADULTS



1978

IN 1978/79, **49%** OF ADULTS
OVER THE AGE OF 18 WERE
OVERWEIGHT OR OBESE.



2004

IN 2004, **59%** OF ADULTS
OVER THE AGE OF 18 WERE
OVERWEIGHT OR OBESE.



2017

TODAY, **64%** OF ADULTS
OVER THE AGE OF 18 ARE
OVERWEIGHT OR OBESE.

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Some Statistics About Our Health Outcomes

BRINGING THE NUMBERS DOWN

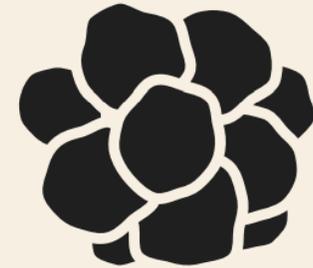
BEING OVERWEIGHT OR OBESE IS ONE OF THE **TOP PREVENTABLE RISK FACTORS** FOR MANY CHRONIC DISEASES INCLUDING:



TYPE 2 DIABETES



HEART DISEASE



SOME CANCERS

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Some Statistics About Our Health Outcomes

A **HEALTHY LIFESTYLE**, INCLUDING



PHYSICAL ACTIVITY

HEALTHY EATING

IS THE **BEST PREVENTION** AND PROMOTES **HEALTHY WEIGHTS**.

WE ALL HAVE A ROLE TO PLAY IN PROMOTING HEALTHIER LIVING.

#HEALTHYLIVING



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

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Empathy

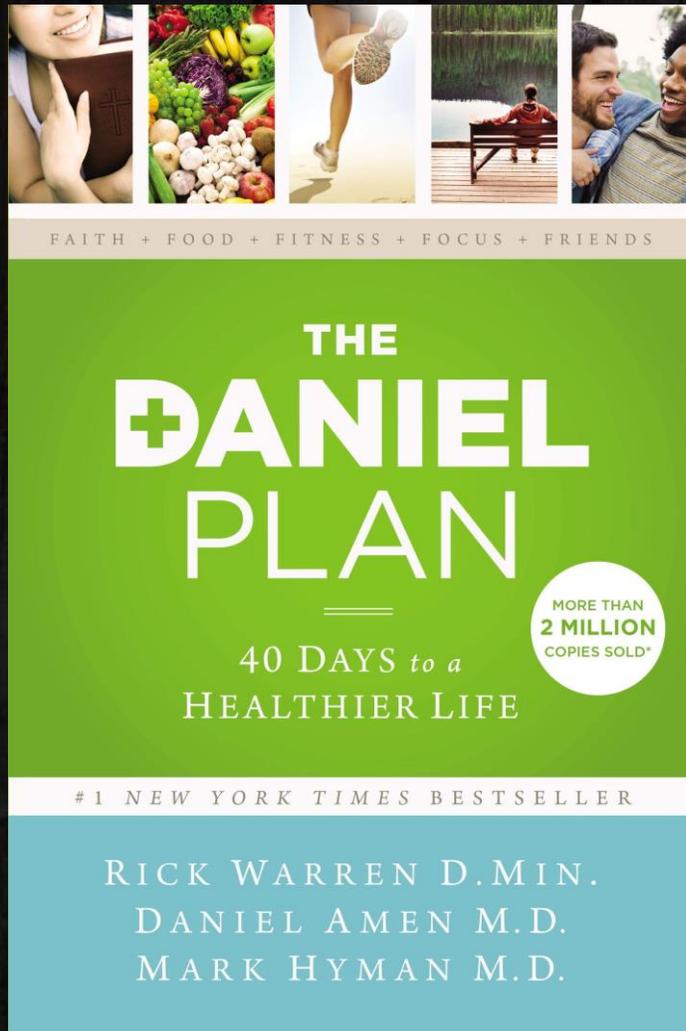




Empathy



Excellent Resource



The name of the book comes from the Bible

- Daniel, Chapter 1

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What Our Culture Tells Us About Our Health

- If you lose weight/get more fit/eat better we will be more...

- Attractive
- Popular
- Healthy
- Athletic
- Wealthy
- Smarter

The Bible tells us our identity is NOT in these things.

Our identity is in Jesus Christ!

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What Does the Bible Say About Our Bodies?

1 Corinthians 6: 12-20 (NIV)

¹² “I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but I will not be mastered by anything. ¹³ You say, “Food for the stomach and the stomach for food, and God will destroy them both.” The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body. ¹⁴ By his power God raised the Lord from the dead, and he will raise us also. ¹⁵ ***Do you not know that your bodies are members of Christ himself?*** Shall I then take the members of Christ and unite them with a prostitute? Never!

What Does the Bible Say About Our Bodies?

1 Corinthians 6: 12-20 (NIV)

¹⁶ Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, "The two will become one flesh."¹⁷ But whoever is united with the Lord is one with him in spirit.

¹⁸ Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. ¹⁹ ***Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰ you were bought at a price. Therefore honor God with your bodies.***

What Does the Bible Say About Our Bodies?

1. The Bible says “My body belongs to God”

- This is opposite to our culture that says “My body belongs to me and I can do anything I want with it”

2. Jesus paid for my body when he died for me on the cross

- We were bought at a price – and we are to honor God with our bodies.

What Does the Bible Say About Our Bodies?

1 Corinthians 10:23-33 (NIV)

²³ “I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but not everything is constructive. ²⁴ No one should seek their own good, but the good of others.

²⁵ Eat anything sold in the meat market without raising questions of conscience, ²⁶ for, “The earth is the Lord’s, and everything in it.”

What Does the Bible Say About Our Bodies?

1 Corinthians 10:23-33 (NIV)

²⁷ If an unbeliever invites you to a meal and you want to go, eat whatever is put before you without raising questions of conscience. ²⁸ But if someone says to you, “This has been offered in sacrifice,” then do not eat it, both for the sake of the one who told you and for the sake of conscience. ²⁹ I am referring to the other person’s conscience, not yours. For why is my freedom being judged by another’s conscience? ³⁰ If I take part in the meal with thankfulness, why am I denounced because of something I thank God for?

What Does the Bible Say About Our Bodies?

1 Corinthians 10:23-33 (NIV)

³¹ So whether you eat or drink or whatever you do, do it all for the glory of God. ³² Do not cause anyone to stumble, whether Jews, Greeks or the church of God— ³³ even as I try to please everyone in every way. For I am not seeking my own good but the good of many, so that they may be saved.

What Does the Bible Say About Our Bodies?

3. Just because we *can* eat something doesn't mean we *should*

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What Does the Bible Say About Our Bodies?

Matthew 25: 14-30 (NIV)

¹⁴ “Again, it will be like a man going on a journey, who called his servants and entrusted his wealth to them. ¹⁵ To one he gave five bags of gold, to another two bags, and to another one bag, each according to his ability. Then he went on his journey. ¹⁶ The man who had received five bags of gold went at once and put his money to work and gained five bags more. ¹⁷ So also, the one with two bags of gold gained two more. ¹⁸ But the man who had received one bag went off, dug a hole in the ground and hid his master’s money.

What Does the Bible Say About Our Bodies?

Matthew 25: 14-30 (NIV)

¹⁹ “After a long time the master of those servants returned and settled accounts with them. ²⁰ The man who had received five bags of gold brought the other five. ‘Master,’ he said, ‘you entrusted me with five bags of gold. See, I have gained five more.’

²¹ “His master replied, ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!’

²² “The man with two bags of gold also came. ‘Master,’ he said, ‘you entrusted me with two bags of gold; see, I have gained two more.’

What Does the Bible Say About Our Bodies?

Matthew 25: 14-30 (NIV)

²³ “His master replied, ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!’

²⁴ “Then the man who had received one bag of gold came. ‘Master,’ he said, ‘I knew that you are a hard man, harvesting where you have not sown and gathering where you have not scattered seed. ²⁵ So I was afraid and went out and hid your gold in the ground. See, here is what belongs to you.’

What Does the Bible Say About Our Bodies?

Matthew 25: 14-30 (NIV)

²⁶ “His master replied, ‘You wicked, lazy servant! So you knew that I harvest where I have not sown and gather where I have not scattered seed? ²⁷ Well then, you should have put my money on deposit with the bankers, so that when I returned I would have received it back with interest.

²⁸ ““So take the bag of gold from him and give it to the one who has ten bags. ²⁹ For whoever has will be given more, and they will have an abundance. Whoever does not have, even what they have will be taken from them. ³⁰ And throw that worthless servant outside, into the darkness, where there will be weeping and gnashing of teeth.’

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What Does the Bible Say About Our Bodies?

4. God expects me to take care of my body

- God does not give us all the same body – some of us get a body that has a lot of problems
- We need to be faithful in being good stewards of what we've been given for a body

What Does the Bible Say About Our Bodies?

Romans 12: 1-2 (NIV)

¹Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ²Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

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What Does the Bible Say About Our Bodies?

1 Corinthians 10:23-33 (NIV)

³¹ So whether you eat or drink or whatever you do, do it all for the glory of God. ³² Do not cause anyone to stumble, whether Jews, Greeks or the church of God— ³³ even as I try to please everyone in every way. For I am not seeking my own good but the good of many, so that they may be saved.

What Does the Bible Say About Our Health?

5. We glorify God with the way we look after our health

- “So whether you eat or drink or whatever you do, do it all for the glory of God”
- Even if we have chronic health problems, we can still glorify God with the way we handle them
- If we can make our bodies healthy, then we should do it!

Lasting change in our health is HARD!

1. Lasting change requires us to face up the hard truth about our health

- We don't like to face the truth about our weaknesses, our bad habits, and our motivations
- Nothing will change until you start with the foundation of God's truth and His purpose for your life.

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Lasting change in our health is HARD!

2. Lasting change requires making wise choices – a lifetime of them

Ephesians 4: 17-24 (NIV)

¹⁷ So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. ¹⁸ They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. ¹⁹ Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.

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Some Encouragement

Ephesians 4: 17-24 (NIV)

²⁰ That, however, is not the way of life you learned ²¹ when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. ²² You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³ to be made new in the attitude of your minds; ²⁴ and to put on the new self, created to be like God in true righteousness and holiness.

Philippians 2:13 (NLT)

¹³ For God is working in you, giving you the desire and the power to do what pleases him.

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Lasting change in our health is HARD!

3. Lasting change requires new ways of thinking

Romans 12:2 (NLT)

² Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

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Lasting change in our health is HARD!

4. Lasting change requires the Holy Spirit in your life

Galatians 5:22-23 (NIV)

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and *self-control*. Against such things there is no law.

Philippians 4:13 (NLT)

¹³ For I can do everything through Christ, who gives me strength.

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Lasting change in our health is HARD!

5. Lasting change requires authentic community

Galatians 6:2 (NLT)

² Share each other's burdens, and in this way obey the law of Christ.

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Lasting change in our health is HARD!

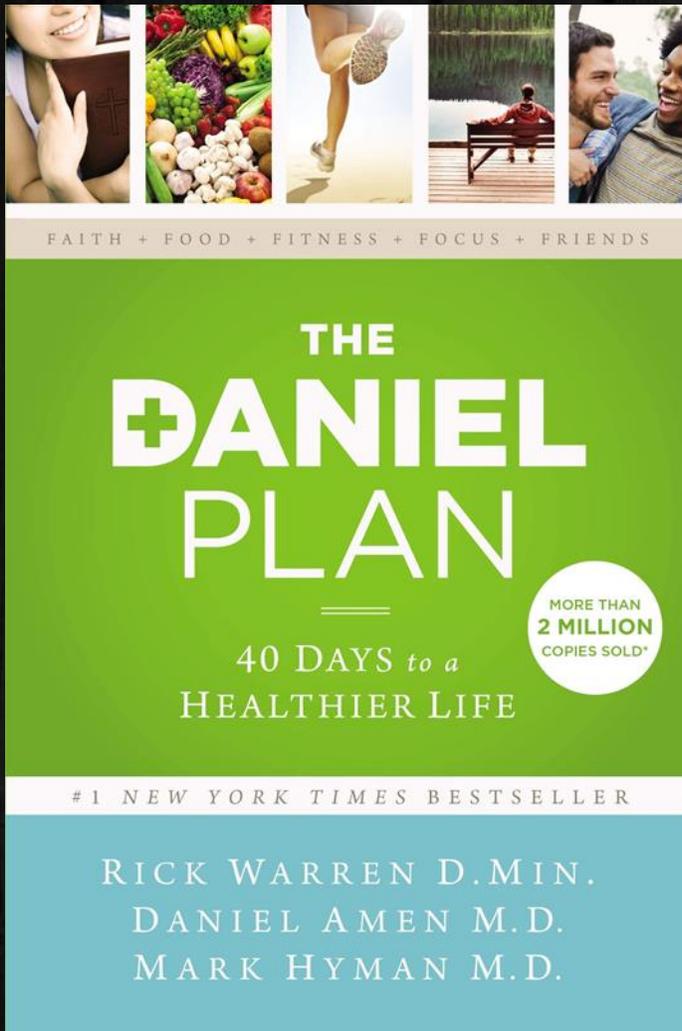
Lasting change requires authentic community

Ecclesiastes 4:9-12 (NLT)

⁹ Two people are better off than one, for they can help each other succeed. ¹⁰ If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. ¹¹ Likewise, two people lying close together can keep each other warm. But how can one be warm alone? ¹² A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.

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The Essentials Of A Better Path Forward



This is not meant to be a promotion of
“The Daniel Plan”

...but it is a good plan!

There are 5 areas of your life that need to
work together to make lasting change

1. Faith
2. Food
3. Fitness
4. Focus
5. Friends

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1. The Faith Essential

Spiritual health gives you a foundation for building habits and perspectives in any area

Health comes from recognizing and using God's power in your life and treating your body and mind with the care that He intended.

Philippians 1:6 (NLT)

⁶ And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

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2. The Food Essential

“Food is medicine. Food is the most powerful drug on the planet...It can cure most chronic diseases, and it works faster, better, and cheaper than any drug – and all the side effects are good ones”

“Real, whole food that comes from the earth – food that was created by God – heals, while industrial-processed food created in factories by man harms.” – The Daniel Plan, p. 36

1 Corinthians 10:31 (NIV) “So whether you eat or drink or whatever you do, do it all for the glory of God.”

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The Food Essential – The Food Security Issue

- Food security is the measure of an individual's ability to access food that is nutritious and sufficient in quantity.
- Food security is a major societal problem in this “Food Essential”
- In March 2021, Canadians made 1.3 million visits to food banks – a 20.3% increase over March 2019.
- 1 in 4 Food Banks Experiencing 50%+ Increase in Demand
- One third of clients are children, even though they only represent 19% of the general population
- Canadians on fixed incomes (pensions and disability benefits) make-up 27% of visits

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The Food Essential – The Food Security Issue

- We often hear “healthy food is too expensive”...
- But in many cases our “we must have it now” society discourages us from taking the time to cook real food from scratch.
- Although it is undeniable food costs are rising, we can still find healthy ways to eat.

The Harbour would like to help you with food security if you are having issues.

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3. The Fitness Essential

“Like food, exercise works better than medicine.” – The Daniel Plan, p. 39

American College of Sports Medicine – moving your body even just a little bit on a regular basis impacts not only physical health but also your intellectual, emotional, social, financial, and spiritual health.

Fitness is not about becoming an athlete (thankfully!).
It is about being healthy.

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4. The Focus Essential

*“Your mental health is vital for your overall health. Whatever gets the most of your brain’s attention will direct many other areas of your life”
– The Daniel Plan, p. 42*

Philippians 4:4-9 (ESV)

⁴ Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your reasonableness be known to everyone. The Lord is at hand; ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

The Focus Essential

Philippians 4:4-9 (ESV)

⁸ Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. ⁹ What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

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5. The Friends Essential

The New Testament tells us to love one another, encourage one another, serve one another, support one another on our journey through life.

This includes our journey toward better health.

Research shows that people getting healthy together lose twice as much weight as those who do it alone.

Ecclesiastes 4:9 (NLT) - Two people are better off than one, for they can help each other succeed.

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Closing Challenge

God has given us a mission in life – and only you can fulfill the one that God created you for!

Matthew 5:21 “His master replied, ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!’”

At the end of our life on earth, will you be able to say: “I took what you gave me, Lord, and I gave it all to You and Your Kingdom. I didn’t get lazy or worn out. I was a good steward with everything you entrusted me with...including my health”.

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LOOKING AT THE CULTURE THROUGH A GOSPEL LENS

