

 **STRONG IN BODY!**
 **STRONG IN SPIRIT!**

STRONG IN SPIRIT,
STRONG IN BODY



INTRODUCTION

Good afternoon, church. Today, I want to share a word that ties together two areas of our lives we sometimes keep separate: our physical health and our spiritual health.

The apostle John wrote in 3 John 1:2:
“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”

Notice how John links physical health and spiritual health. God desires wholeness—not just a strong spirit, but also a strong body to carry that spirit.





INTRO CONTINUED

Think about it: the spirit moves through the body. If the body is weak, tired, or neglected, it affects our worship, our family, our work, and our ministry.

BIBLE VERSE: POINT 1

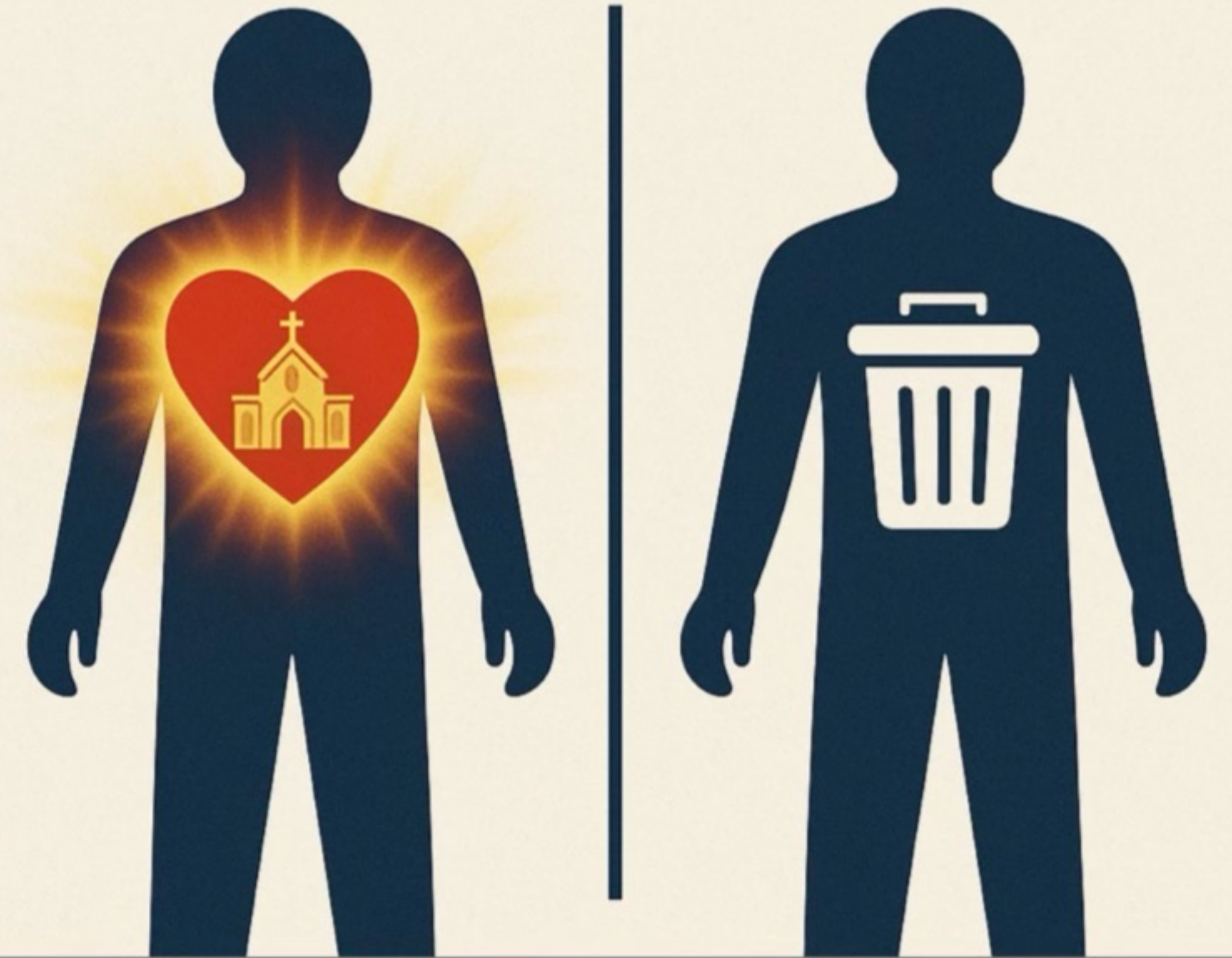
📖 1 Corinthians 3:16 — “You are God’s temple and God’s Spirit dwells in you.”

🕊 Our bodies are God’s dwelling place.

❌ Neglecting our health dishonors God’s temple.

💡 Application: Am I treating my body like God’s temple — or like a trash can?

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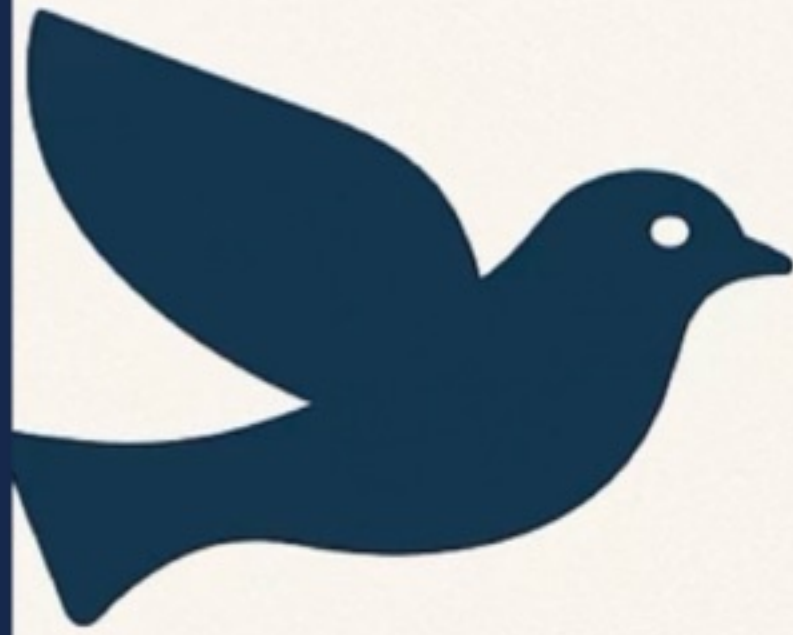




GOD'S TEMPLE

Imagine a beautiful church building. If it's left dirty, broken, and neglected, people would say it dishonors God. In the same way, if we neglect our health—through poor habits, no rest, or harmful substances—we dishonor the temple of the Holy Spirit.

Why does God call our body His temple?



Holy Spirit
dwells in us



We are His
dwelling place



Caring for our
body honors
Him

POINT 1: QUESTIONS AND ANSWERS

WHEN WE PRACTICE SELF-CONTROL IN PHYSICAL AREAS

PHYSICAL SELF-CONTROL

- eating
- sleeping
- exercising



STRENGTHEN
OUR
SELF-CONTROL



SPIRITUAL SELF-CONTROL



prayer



resisting
temptation



serving
faithfully

POINT 2: DISCIPLINE IN THE BODY LEADS TO DISCIPLINE IN THE SPIRIT

- 1 Corinthians 9:27 — “I discipline my body and keep it under control...”
- Discipline of the body strengthens discipline of the spirit.
- Self-control in eating, resting, exercising → builds self-control in prayer, resisting temptation, serving.
- Application: Fasting and healthy habits sharpen both body and spirit.

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PHYSICAL SELF-CONTROL

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SPIRITUAL SELF-CONTROL



prayer



resisting temptation



serving faithfully

POINT 2: DISCIPLINE IN THE BODY LEADS TO DISCIPLINE IN THE SPIRIT

Illustration: Athletes discipline their bodies for a medal that fades. We, as believers, discipline our bodies for an eternal crown. An undisciplined body often leads to a distracted spirit.

Application: Try fasting—not just from food, but also from unhealthy habits. Fasting disciplines the body and sharpens the spirit.

How does disciplining the body help discipline the spirit?



Physical self-control builds strength in spiritual self-control



Exercise, fasting, rest, and prayer discipline both body and spirit

POINT 2: QUESTIONS AND ANSWERS

POINT 3: HEALTH ENABLES EFFECTIVE SERVICE

- Isaiah 40:31 — “Those who wait on the Lord shall renew their strength...”
- God gives supernatural strength, but we must steward natural strength.
- Strong bodies = serve longer, love better, endure trials faithfully.



POINT 3: HEALTH ENABLES EFFECTIVE SERVICE

Illustration: A soldier cannot fight well if he is sick or weak. In the same way, spiritual soldiers of Christ must be strong enough in body to endure the battles of ministry, family, and life.

Application: Build a lifestyle of balance—rest, nutrition, exercise, and prayer. This is not vanity—it's stewardship.

**BUILD A LIFESTYLE OF
BALANCE—REST, NUTRITION,
EXERCISE, AND PRAYER.**

THIS IS NOT VANITY—IT'S STEWARDSHIP.



REST



NUTRITION



EXERCISE

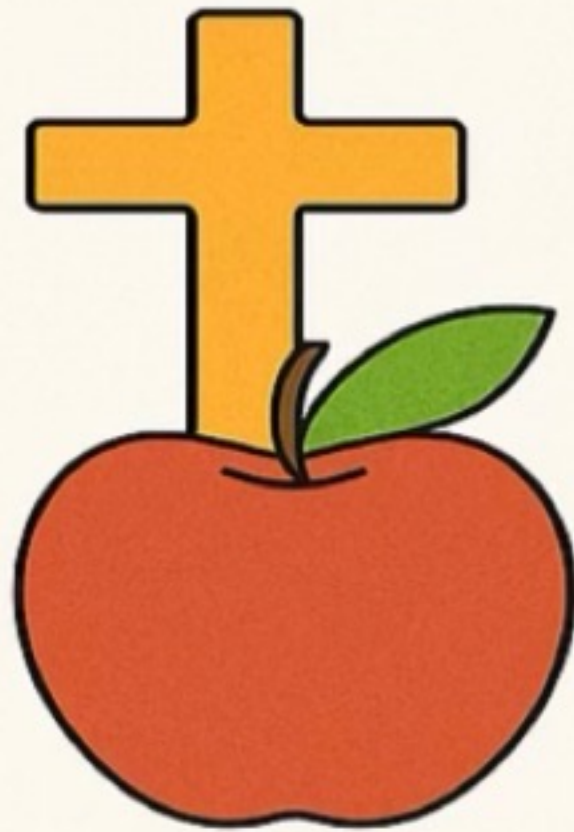


PRAYER

Health and Serving God

Q: How does health impact our ability to serve God?

A: A healthy body provides energy and endurance for ministry, family, and work. Poor health often limits opportunities.



A: If God renews our strength, why should we take care of our health?

A: God gives us strength, but He also calls us to be stewards. Renewal doesn't cancel responsibility.

POINT 3: QUESTIONS AND ANSWERS

CONCLUSION

- Honor your body — it is God's temple.
- Discipline your body — strengthen your spirit.
- Steward your health — serve God effectively.

Romans 12:1 — “Offer your bodies as a living sacrifice, holy and pleasing to God.”

Closing Challenge:

Take one step this week to honor God with your body — walk, eat healthy, rest, or fast.

**BUILD A LIFESTYLE OF
BALANCE—REST, NUTRITION,
EXERCISE, AND PRAYER.**

THIS IS NOT VANITY—IT'S STEWARDSHIP.



REST



NUTRITION



EXERCISE



PRAYER

Offering Our Body as a „Living Sacrifice’

Q: What does it mean to offer our bodies as a „living sacrifice’?

A: It means dedicating every part of our life—including health—to glorify God in daily living.

Q: What one step can I take this week to honor God with my body?

A: (Encourage personal answers: rest, walk, healthier eating, fasting, prayer, etc.)



QUESTIONS AND ANSWERS

FINAL MESSAGE:

**EVERY STEP YOU MAKE IS
WORSHIP**

**EVERY STEP
IS WORSHIP.**



DECLARATION PRAYER



**Lord, thank You for giving us
bodies that carry Your Spirit.**



Teach us to steward them well.



**Make us strong in body so we can be
strong in spirit.**



Fit for Your service, and faithful to the end.

In Jesus' name, Amen.