

GOD'S PRESCRIPTION FOR HEALTH

Discover Your Destiny
Rick Warren

WHAT GOD SAYS ABOUT MY BODY

1 Corinthians 6:12-20

1. _____
"Everything is permissible for me,' but not everything is helpful. 'Everything is permissible for me,' but I will not be brought under the control of anything. 'Food for the stomach and the stomach for food,' but God will do away with both of them." 1 Corinthians 6:12-13 (HCSB)
 2. _____
"The body . . . is not meant for sexual immorality but for the Lord, and the Lord for the body." 1 Corinthians 6:13 (NIV)
 3. _____
"By his power God raised the Lord from the dead, and he will raise us also."
 1 Corinthians 6:14 (NIV)
- MISTAKES WE MAKE**
- WE RELY _____
 - WE HAVE _____
 - WE TRY _____
4. _____
"Do you not know that your bodies are members of Christ himself? . . . Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body."
 1 Corinthians 6:15, 18 (NIV)
 5. _____
"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?" 1 Corinthians 6:19 (NIV)

6. _____
"You are not your own; you were bought at a price. Therefore honor God with your bodies." 1 Corinthians 6:19-20 (NIV)

"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." Romans 12:1 (NIV)

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- "You made my body, Lord; now give me sense to heed your laws."*
 Psalm 119:73 (TLB)
- "These instructions are not empty words—they are your life! By obeying them you will enjoy a long life in the land."* Deuteronomy 32:47 (NLT)
- "Keep my commands in your heart, for they will prolong your life many years and bring you peace and prosperity. . . . Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones. Honor the Lord with your wealth, with the firstfruits of all your crops; then your barns will be filled to overflowing."* Proverbs 3:1-2, 5-10 (NIV)

1. _____ **IS GOOD FOR MY HEALTH**
"I said to myself, 'Relax, because the LORD takes care of you.'"
 Psalm 116:7 (NCV)
- _____ **IS GOOD FOR MY HEALTH**
"A heart at peace gives life to the body, but envy rots the bones."
 Proverbs 14:30 (NIV)
2. _____ **IS GOOD FOR MY HEALTH**
"When I refused to confess my sin, my body wasted away, and I groaned all day long . . . My strength evaporated . . . Finally, I confessed all my sins to you and stopped trying to hide my guilt . . . And you forgave me! All my guilt is gone."
 Psalm 32:3-5 (NLT)
3. _____ **IS GOOD FOR MY HEALTH**
"A generous person will prosper; whoever refreshes others will be refreshed."
 Proverbs 11:25 (NIV)
4. _____ **IS GOOD FOR MY HEALTH**
"A cheerful heart is good medicine, but a crushed spirit dries up the bones."
 Proverbs 17:22 (NIV)