

Reboot your Life
Physical
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Bumper: Series bumper – Physical

Welcome to Southside Church!

So glad you're with us today as we continue our challenge to reboot your life!

The weekend after thanksgiving, I got up and looked in the mirror.

I was feeling that feeling.

You know that feeling you get from the food coma you have after over eating.

I went to get dressed and that's when it hit me.....

My clothes were shrinking! I don't feel the greatest, and I didn't look the greatest!

I realized that I had fallen into the trap! The trap many of us have fallen into in 2020!

“Food for comfort” in a pandemic!

I had given into the habit of comfort eating to ease the stress I was facing through pandemic life.

I went from fasting cheese in the early part of 2020 to feasting on cheese through the summer and then after thanksgiving I realized I was caught.

And the net result was I was packing on the pounds.

Did you know according to eating well.com 36% of people in the US gained on average 12.5 pounds during this pandemic?

That was me, I was packing on the pounds and feeling sluggish.

That was when I began to sense clear conviction from the Spirit of God.

I began to think of all of the people who were relying on me to be healthy and realized I was not doing a good job of stewarding my health.

I know all of us have been focused on health and safety during this pandemic.

However what I'm talking about today is not limiting our focus on health and safety by simply washing our hands, social distancing and wearing a mask.

I'm talking about the way we treat our bodies!

I was needing a reboot physically in 2021!

[SLIDE] I began to reflect on the reality of **1 Corinthians 6:19 (NIV):**

¹⁹ Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own;

This verse challenges us to take the idea of stewarding our body seriously!

This is why today I want us to think about how we can reboot our life physically!

We want 2021 to begin with RENEWAL this is why we are challenging everyone to Reboot your Life.

We have explored over the past two weekends our emotional and spiritual health.

We have extended a download challenge, to help us REBOOT.

We want every person to read through the New Testament together this year!

My prayer is that together we will take bold steps to allow God to speak into our lives, so we can be transformed in our emotions, our hearts and yes even our physical wellbeing.

And what better way to do that then to seek His life giving instruction through His words given to us in scripture.

When we surrender our lives to God and seek His instruction then we can experience His sanctifying work in our lives.

This is the promise the Apostle Paul described in:

1 Thessalonians 5:23-24 (NIV) ²³ May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. ²⁴ The one who calls you is faithful and he will do it.

I believe God wants to do a work in and through us this year, emotionally spiritually and yes even physically.

The question is, will we surrender to God's desire and design for us, accept the downloads, and then Reboot!

That was the decision I was facing the weekend after thanksgiving!

Would I continue on the trajectory and pack on the pounds and continue in FLC syndrome!

Do you know what FLC syndrome is? Many of us suffer from this condition and we don't even know it!

Want to know what it is?

We feel like crud!

Eating unhealthy food and choosing unhealthy lifestyles makes you feel like crud. It affects the way we feel and function in life.

What we eat can affect the way we feel! And how we feel will determine our effectiveness.

God cares about our well-being and he made our bodies to function best with healthy foods and healthy lifestyles.

David reminds us in the Psalms that God formed us!

Psalm 119:73 (NIV) ⁷³ Your hands made me and formed me; give me understanding to learn your commands.

You are his handwork. We often joke about your bodies, but our physical bodies are his handiwork.

We also see another psalm where David reminds us:

Psalm 139:13-14 (NIV) ¹³ For you created my inmost being; you knit me together in my mother's womb. ¹⁴ I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

Since we are God's creation he cares about not only our emotional and spiritual wellbeing.

God cares about our physical wellbeing.

Think about this, God not only made you!

He sent His son to rescue you and when we say "yes" to Jesus He sends His Holy Spirit to reside IN you then he goes further to give you a promise to renew you after death!

This rescue, reside, and renewal is not just for your soul it is for your BODY!

Our Body is a big deal!

[SLIDE] In fact our Bodies are a gift....the place God's Spirit resides.

So how we treat the gift we have been given matters!

This is why today we want to encourage everyone to consider a reboot physically!

We know this, right?

We focus on it especially at the beginning of a New Year.

Maybe you received an email about a big discount to a gym or saw a commercial about a new weight loss group.

We see the ads, we look in the mirror, and we get honest about how we feel.

It reminds us to get serious about living a healthy lifestyle at times like this.

We make New Year's resolutions, we sign up for a workout program, and we start that new diet.

But it's easy to go back to our same routine because...

We go about change the wrong way.

What we need to do is change our core motivations!

[SLIDE] Lasting change in our core motivations begins with serious change in thinking!

Change in thinking comes from knowing the WHY behind the change.

For me on that weekend after thanksgiving, after spending time with my family including my grandson...it hit me!

If I don't get serious about my physical well-being then I will unnecessarily shorten my life on this earth!

You might say Pastor Wynne, if loving Jesus gains you access to an eternity with Him forever then why would you care about how long you're here on earth.

Because I believe God made me for a purpose!

He went to great lengths to rescue me from death so he could fill me with His Holy Spirit so I might fulfill His purpose!

What's my purpose?

To join Him in a mission of transforming this world!

I am excited for heaven, but this is not heaven-time, this is mission-time and mission-time is guided by purpose.

[SLIDE] A Purpose-driven life leads to a passion-fueled life.

This is one of the reasons we want each of us to read through the New Testament this year.

God wants to infuse our lives with HIS purpose, and we are invited to join Jesus in the vital mission of transforming our world!

That is right, God has picked you to change the world!

That is a big deal!

God has a plan for your life so where we set our sights matters!

Jesus said in Luke 11:34 (ESV) ³⁴ **Your eye is the lamp of your body. When your eye is healthy, your whole body is full of light, but when it is bad, your body is full of darkness.**

Jesus isn't talking about our physical eyesight, He is talking about our spiritual vision!

Jesus desires that we see clearly through healthy vision that His light brings to our lives.

Jesus wants to enlighten us, to illuminate His message of hope for every person on the planet.

We are invited to Co-Mission with Jesus to expand the kingdom of God while we live out our lives.

So, if we live unhealthy lifestyles we can unnecessarily shorten our time or lessen our effectiveness while we live.

This means we risk missing out on fulfilling our part of His mission.

Who in your family, which one of your friends, will miss the good news about Jesus if you aren't here to help them?

This is a BIG "WHY" behind the call to Reboot our Physical health!

God wants us to be healthy so we can fulfill this critical assignment in life.

Solomon, the wisest man that ever lived, encouraged us to focus our attention on God and His word so we can find the keys to life.

Proverbs 4:21-23 (NCV) Don't ever forget my words; keep them always in mind.²² They are the key to life for those who find them; they bring health to the whole body.²³ Be careful what you think, because your thoughts run your life.

God has provided His word so we can access the **keys to life** and bring **health to our whole body!**

This is why we need to set our minds on becoming all God wants us to be emotionally, spiritually, and physically.

Healthy people are focused people.

[SLIDE] Where we set our focus matters!

We are in the middle of NFL play-offs. The winning team is the one who has their sights set on winning.

That's where our battle for health is won..

The only way we can win the battle for physical health is to set our sights on physical health.

This is what Daniel did!

Daniel's life story can be found in biblical history, His story unfolds in the Old Testament in the book that bears his name....the book of Daniel!

Daniel was a young leader who was a part of the group of people captured by the conquering king of Babylon.

When Israel was conquered many of its citizens were exiled to the Babylonian city of Babylon.

The King of Babylon, Nebuchadnezzar, instructed his court to select the best and the brightest of the captured Israelites to become princes in His court.

Their example would help the rest of Israel assimilate to the Babylonian way of life.

A perk of being in the court of the king, mentored by his officials, was eating the fine food at the king's table.

So Daniel and His friends Shadrach, Meshach and Abednego were selected to eat at the king's table!

You talk about good food, the king's table would be better than an all-you-can-eat pass at Ruth Chris steakhouse.

A never-ending buffet of fine foods with no bill attached to bring you unending delight.

Daniel and his friends were given this access and yet Daniel made a very strategic choice!

You see, God had made a covenant with His people.

God gave His people dietary guidelines so they could prove their love for God everytime they ate.

Daniel wanted to follow these covenantal guidelines which involved staying away from certain meats.

He and his friends chose to respectfully decline the invitation to eat whatever they wanted and instead followed the dietary guidelines God had provided His people.

You could say that Daniel asked the officials for a reboot from the king's plan!

In fact Daniel was extending a challenge to the king!

He said allow me and my friends to follow the diet prescribed by God for ten days and then let's see who is in better health at the end of the challenge.

Your table, your food, your men or God's table, God's food, and my friends!

At the end of the challenge we find the results:

[SLIDE] Daniel 1:15 (NIV) ¹⁵At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food.

Daniel made the choice to follow God's prescribed plan for eating and ended up presenting healthier than the king's officials.

Daniel followed a pattern that we can follow to succeed in areas of health.

1. [SLIDE] He chose His faith over food.

God had given the nation of Israel a dietary plan in His covenant to them to ensure they could live long and prosper.

This dietary plan was designed to help the nation of Israel thrive in their health.

Studies show today the genius behind these dietary restrictions.

It has been sited that eating the diet prescribed in scripture leads to a healthier lifestyle.

In moderation it can help lower cholesterol, improve the digestive system and reduce allergens in food.

It is amazing to see how God planned for the physical health of His people, and we can still learn a lot from the bible on diet and physical health.

In fact if we would follow the science of functional medicine and glean dietary principles from scripture we could live healthier lives.

Daniel trusted God to help him define the good and the bad on the end of his fork.

And if we will eliminate the bad food on the end of our forks then we can live healthier and better life allowing us to engage in God's mission.

What we eat and how we live makes all the difference in how you feel.

2. [SLIDE] He committed to physical fitness with his friends

Daniel didn't choose to go on this journey alone.

He did it with his friends.

Did you realize that statistically speaking your chances of success in living a healthy lifestyle increases when you do it with others?

In one study found on (precentio.com/weight-loss) stated that people who dieted with a support group lost 30 percent more weight than those who attempted to do it alone.

Here at Southside one of our core values is, "No one climbs alone."

The reality is rebooting our physical health is easier when we do it with others!

I'm so thankful for my wife, who agreed to join me in healthy eating the weekend after thanksgiving.

Our motto is, succeed in healthy eating every meal and in the end we will be healthier.

When I'm tempted in the evening to bail on my plan, drive to the store, get a big bag of Cheese or couple of containers of ice cream to binge...

I know I have someone who will take my keys before I get to the door.

When I'm weak she is strong and when she is weak, I'm strong!

Together we are stronger!

Everybody needs a buddy to reboot physically!

The bible is clear.

Ecclesiastes 4:9-10 (NIV) ⁹Two are better than one, because they have a good return for their work: ¹⁰If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!

3. [SLIDE] Lastly Daniel's faithfulness led to greater influence.

This bold move by Daniel positioned him and his friends to gain amazing influence in the life of the king.

Daniel's success in healthy living led to gaining a new assignment! He was chosen to become one of the king's closest advisors.

Daniel 1:20 (NIV) ²⁰ In every matter of wisdom and understanding about which the king questioned them, he found them ten times better than all the magicians and enchanters in his whole kingdom.

Daniel's choice to put His faith over food allowed him and his friends to gain amazing influence.

I love good stories of people who gain influence by making healthy choices.

Listen to Janet Foldenauer tell us about how her choice to live a healthy lifestyle and see how it has helped shape her spiritually!

[SLIDE] (Video Testimony)

Thank you Janet

Think about what could happen for all of us if we were to choose like Daniel to choose faith over food, and fitness with friends.

Think about the extended time of influence we could have on our world!

What would happen if we accepted a reboot challenge physically?

What if our healthy living leads to healthy influence?

What if because of your influence others find their way into the kingdom of God!

I want my life to last and I want to gain influence in the lives God puts before me.

I believe you do to.

The weekend after thanksgiving became the moment for me to think about my life and how I was treating my body.

The very Body that God made, sent His son to save, and made a residence for His Spirit.

1 Corinthians 6:19 (NIV) ¹⁹ Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own;

So if our bodies are a gift and the temple of the Holy Spirit then how are we treating it?

[SLIDE] Let's make a choice to reboot our life physically.

Let's pray

Response time

Today I want to encourage you to surrender your physical health to God.

Let us pray with you connect card.

We also want to resource you to succeed!

We have a new group starting this next week through our created to climb training center "what the bible says about healthy living" 8 week group

Another resource we want to give you is right now media where you can access the Daniel plan.

The Daniel plan! The Daniel plan will help you develop...

Habits of physical health reboot your life physically through food - fitness - faith and focus