



FOLLOWING JESUS IN OUR BODY CARE

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NEITHER THE BIBLE NOR JESUS' LIFE AND TEACHING PROVIDE DETAILED INSTRUCTION ON EVERY MODERN ISSUE

End of life directives

Plastic surgery

Riding motorcycles without a helmet

Environmental issues

Fashion Choices

Political parties

Bariatric surgery

South Beach vs. Keto vs. Paleo diet

Appropriate amount of 'screen time' per week

DIFFERENCES IN JESUS' DAY

The culture, socioeconomic issues, technology and knowledge base in Jesus' day were different as well.

- Food scarcity was more of an issue in Jesus' day than overabundance.
- There were far fewer non-nutritious choices than we have today.
- Labor-saving devices were not a significant factor in daily lives.
- Knowledge about how our bodies function was limited.

WWJD? HOW DO WE "FOLLOW JESUS" IN THE AREA OF BODY CARE? - GUIDING PRINCIPLES

Jesus' main purposes were to reveal himself as the Messiah, proclaim the gospel, provide an atoning sacrifice for sin, and pour himself into the disciples who would carry forth the Kingdom work after His death and resurrection. Clearly, Jesus was not here to primarily authorize a body stewardship plan; nor was this anywhere close to the most pressing issue of His day. But we can learn principles and gain actionable insights into this issue by evaluating:

- What did Jesus affirm?
 - Jesus affirmed the Old Testament as being _____.
- What did Jesus say?
 - Jesus said the Law (10 Commandments) and the "Shema" (Great Commandment) were _____ and explained a practical outgrowth of them.
 - Jesus instructed us to not be _____ about or _____ with food and other basic needs.
 - Jesus said following Him would mean _____ of _____ and not living for the things and _____ of this world.
 - Jesus said His followers would be part of a global gospel _____ (Great Commission).

OUR DEFINITION

Our FFTK definition comes from what Jesus affirmed as the “Greatest Commandment” and the “Great Commission”
“Being Fit for the King means being physically available to love God completely [heart, soul, mind and strength], let Him love others through you [love your neighbor as yourself], and accomplish all he desires with you [Great Commission] for His glory.”

WHAT DID JESUS DO?

How Jesus practically lived out his life provides the greatest insights regarding how we can “follow Jesus” with our body care decisions.

Jesus was _____.

Jesus made people _____.

Clearly, it was His desire that people were _____.

When He healed, it was often to enable people to _____ others.

It is interesting to note that Jesus is never recorded as having healed someone with a “_____”
(alcoholism, venereal disease, chronic disease).

JESUS CHOSE NOT TO INDULGE HIMSELF

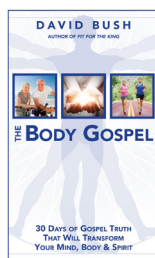
- He could have enjoyed the best _____ anytime. (John 2:9-11)
- He could have made endless quantities of _____ and fish. (Matt. 14:13-21)
- He could have regularly had “all you can eat” _____ frys. (Luke 5:4-6, John 21:4-6)
- He could have regularly _____ with wealthy. (Mark 2:17, Luke 7:36; 19)

INSTEAD

- Jesus and his disciples _____ for food on occasion. (Mark 2:23-28)
- Jesus sometimes lived with _____. (Matt. 8:18-22)
- Jesus accepted what others _____. (Luke 9:51-54, Luke 10:1-5, Luke 10:38-40)

JESUS ATE TO FUEL AND SUSTAIN HIMSELF, IN ADDITION TO AN OCCASIONAL CELEBRATION.

IN ADDITION TO WHAT JESUS AFFIRMED AND SAID, HIS EXAMPLE PROVIDES OUR GREATEST MOTIVE FOR GOOD BODY STEWARDSHIP. KNOWING HIS ULTIMATE PURPOSE, AND UNDERSTANDING ITS PHYSIOLOGICAL IMPLICATIONS, JESUS STEWARDED HIS PHYSICAL LIFE SO THAT HE COULD PERFECTLY ACCOMPLISH HIS FATHER’S PURPOSES.



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