

=BODY OF JESUS=

Lesson 11

Jesus' Care for His Body

INTRODUCTION: We have been discussing the body of Christ. The lesson for this week is the proper care of the body. In Mark 12:30 we are commanded, "And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength...." If we are to love Him with all our strength, we should have healthy bodies. Let us notice some of the things concerning Jesus' care for His body.

- I. HE RECEIVED THE PROPER EXERCISE. Bear in mind that He was a carpenter. This means that He was physically strong and that He exercised His body. Then, too, He walked miles and miles. This also gave Him the proper exercise. Doctors tell us that it is very important that we exercise our bodies as we grow older. This, of course, can be done through sports, such as golf, bowling, or even more active, competitive sports. Many of us do not have time, however, or at least do not take time for such activities. Hence, it is helpful for one to do exercises or calisthenics. Running is good. Running in place is good. Riding a bicycle is good. Isometrics are not as good as other exercises for health. They are better for toning up the muscles, but not as good as the exercises that make one perspire.
- II. HE WATCHED HIS DIET. Bear in mind that Jesus was a strict Jew. He grew up in the synagogue of Nazareth. Hence, He was subject to all the dietary laws of the Old Testament. The body is only as strong as its fuel. Most people care more about the health of their dogs and livestock than they do the health of their children and themselves. The Christian should realize that the only thing that he has in which to serve God is his body. Because of this, He should put only the best fuel in his body. I Corinthians 10:31 says, "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." We are to eat only that which we can eat for His glory. A glass of orange juice or some other fresh juice is better fuel than coffee and carbonated drinks. When a person goes to the doctor, the doctor will usually put him on a low-fat, high-protein diet with fresh vegetables and fruits. If this is what the doctor will prescribe to make us well, why couldn't this keep us well! Some good Bible foods are nuts, vegetables, fish, bread, quail, goat's milk, meat, figs, corn, honey, apples, grapes, etc. The body is a machine. Man-made machines are very carefully cared for and only the best fuel is used. The Christian should realize that his body should be treated the same way. One of the great sins of Christians is over-eating. Proverbs 23:21, "For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe a man with rags."
- III. ON OCCASION, JESUS FASTED. Matthew 4:2, "And when he had fasted forty days and forty nights, he was afterward an hungred." Fasting means that Jesus ate no food. It is definitely a Bible doctrine. See Nehemiah 1:4; Ezra 8:21; Jonah 3:5; Acts 13:2, 3. There are two main reasons for fasting: A person should sometimes become so interested in the work of the Lord that he does not want to eat. Also, for one's health there should be periods of time when he does not eat. It is very beneficial to stay on juices all day at least one day a week. This is called a "juice fast." It is good for the cleansing of the body, and anyone would be healthier if he took no solids into his body at least one day a week. Fruit juices, such as orange juice and grape juice, could be taken, and even vegetable juices would be good. Those who saw our Lord and recorded history for us seem to agree that He was a slender person. This means that He was careful what He ate. When the *Christian Life* magazine published the article on the ten largest Sunday schools in all the world, it was interesting to note that in every case the pastor of the Sunday school was rather slim. This does not mean that he was skinny, but it does mean he had disciplined himself concerning his eating habits. Could it be that there is a correlation between one who disciplines himself in eating and one who disciplines his schedule so as to get the work done and be productive? Perhaps so.
- IV. JESUS GAVE HIS ENTIRE BODY AS A SACRIFICE. Romans 12:1 admonishes us that we are to present our bodies "a living sacrifice, holy, acceptable unto God." God wants our bodies. He needs bodies to preach for Him. He needs bodies to sing His praises. He needs bodies to work and support His ministry. He needs bodies to witness. He needs bodies to carry out His work on earth. Hence, we should keep our bodies well and strong for Him.
- V. THE ONE WHOM HE LOVED THE MOST WAS CONCERNED ABOUT HEALTH, III John 2. John was called the "beloved disciple." He no doubt knew Jesus better than any other person knew Him. The

care that Jesus had for His body and health no doubt impressed John, who reminded his beloved friend that he longed for him to be in as good physical health as he was spiritual health.

CONCLUSION: Here are some definite suggestions about being in good health: One should take only that into his body that is good for him. Juices should be a part of the diet. In order to be in good health, one should eat salads and raw vegetables. Fats should be eliminated, along with most starches and sugar. Wheat bread is far better than white bread. Artificial stimulants, such as coffee, should be limited. A high protein diet is good. Protein is found in lean beef, nuts, cheese, etc.

One should spend at least fifteen minutes a day exercising. Some would run. Others walk fast. Some should do calisthenics. Whatever one does, he should do it enough to make him perspire.

Above all, every Christians should have as one of his most important verses I Corinthians 10:31, "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."