Recap: Bod4God

“Dedicated”
Your body belongs to God and you can honor God by taking good care of it.

“Inspired”
Your best motivation to change how you treat your body comes from your faith in Jesus as Lord and Savior.

Today: We will be getting down to the basics -- eating and exercise.

There will be some repetition of ideas from the first 2 messages, but .... Repetition is good for us -- helps to reinforce our learning.

Invitation to Congregation & Online worshippers
• Outline (Fill-ins are for practical application later in the message)
• Next Steps

Prayer

Introduction

What motivates us to eat right and exercise regularly?

Usually: We don’t like how we look or feel.
We desire to lose weight and be more fit. In other words, we want to be healthier.

That’s great, but we are defeated before we begin if we have distorted ideas about how we should look and feel.

Many (if not most) of us have body image issues: We are obsessed with or put to shame by the body images that are held up as ideal in our culture.

Sometimes those ideal bodies are real (models & actors) -- possibly helped out by plastic surgery or digital alteration

Sometimes those bodies are plastic.

(Image #1 of Barbie & Ken on Screen)
Do you remember Barbie & Ken?
• In the fall of 1959 Barbie Millicent Roberts -- teenage fashion doll -- was introduced at the New York City Toy Fair.
• Ken came around the corner a couple of years later.
• As they grew in popularity, they became body image trend setters.

**Reality check:**
• Only 1 in 100,000 women have Barbie’s body shape.
• Only 1 in 50 men have Ken’s.

Yet the fashion world and the entertainment industry have brainwashed us into thinking that skinny (for women) and muscled (for men) is the ideal.

And the ideal has gotten more extreme than Barbie and Ken.

New York & Paris fashion models routinely go on liquid diets and exercise furiously before runway shows in order to fit into size zero clothing. (And these are very tall women!)

Even if God has created a slender frame for you, this ideal is unattainable -- without sacrificing both physical, mental, & emotional health.

**You probably all know** of someone who suffers from anorexia or bulimia.

**We need a better (or higher) motivation** than outward appearance for eating right and exercising regularly -- a motivation that has less to do with us -- and more to do with God.

**Let’s start with scripture to find that better & higher motivation.**

**Intro to Daniel Scripture**

The OT prophetic Book of Daniel is centered around the story of Daniel -- a young Hebrew man who was taken captive by the Babylonians when King Nebuchadnezzar’s forces first conquered the city of Jerusalem in 605 BC.

Daniel was part of a group of young men who were considered to be the “cream of the crop” captives from Jerusalem.

Chapter One tells how Daniel and 3 of his friends responded to their captivity -- especially how they resisted the pressure & temptation to give up their Hebrew faith and identity.

Central to their faith and identity was how they ate.

Daniel 1:1-16 Daniel in Nebuchadnezzar’s Court

1 During the third year of King Jehoiakim’s reign in Judah, King Nebuchadnezzar of Babylon came to Jerusalem and besieged it. 2 The Lord gave him victory over King Jehoiakim of Judah and permitted him to take some of the sacred objects from the Temple of God. So
Nebuchadnezzar took them back to the land of Babylonia and placed them in the treasure-house of his god.

3 Then the king ordered Ashpenaz, his chief of staff, to bring to the palace some of the young men of Judah’s royal family and other noble families, who had been brought to Babylon as captives. 4 “Select only strong, healthy, and good-looking young men,” he said. “Make sure they are well versed in every branch of learning, are gifted with knowledge and good judgment, and are suited to serve in the royal palace. Train these young men in the language and literature of Babylon.”

5 The king assigned them a daily ration of food and wine from his own kitchens. They were to be trained for three years, and then they would enter the royal service.

6 Daniel, Hananiah, Mishael, and Azariah were four of the young men chosen, all from the tribe of Judah. 7 The chief of staff renamed them with these Babylonian names:

   Daniel was called Belteshazzar.
   Hananiah was called Shadrach.
   Mishael was called Meshach.
   Azariah was called Abednego.

8 But Daniel was determined not to defile himself by eating the food and wine given to them by the king. He asked the chief of staff for permission not to eat these unacceptable foods.

9 Now God had given the chief of staff both respect and affection for Daniel. 10 But he responded, “I am afraid of my lord the king, who has ordered that you eat this food and wine. If you become pale and thin compared to the other youths your age, I am afraid the king will have me beheaded.”

11 Daniel spoke with the attendant who had been appointed by the chief of staff to look after Daniel, Hananiah, Mishael, and Azariah. 12 “Please test us for ten days on a diet of vegetables and water,” Daniel said. 13 “At the end of the ten days, see how we look compared to the other young men who are eating the king’s food. Then make your decision in light of what you see.” 14 The attendant agreed to Daniel’s suggestion and tested them for ten days.

15 At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food assigned by the king. 16 So after that, the attendant fed them only vegetables instead of the food and wine provided for the others.

**Commentary:**

Why would Daniel, a captive of war -- who could expect only a life of deprivation and misery -- refuse the food from the king’s table?

It should have been a no-brainer: he would “eat like a king” -- enjoying the finest food and drink that was available (though limited in quantity -- a daily ration).

Recent news story: The bones of King Richard III of England (died 1485) were dug up from under a parking lot in central England and verified to be his.
Testing of the bones showed that this man was certainly from the nobility because he had consumed large quantities of meat and shell fish.

For most of human history, only kings and the wealthy could afford to eat meat on a daily basis.

Now here was Daniel -- a slave assigned to serve in the royal palace -- who had the opportunity to live a fairly privileged life in terms of eating: tasty, rich food full of fat and protein and good wine to wash it down.

Much like the privileged life we live!!

But Daniel wanted to honor God with his body!

There were 2 major faith issues for Daniel:

1) The meat was likely to be “unclean” according to the purity laws given by God to his people through Moses.
   
   Ceremonially unclean animals were used and were neither slaughtered nor prepared according to the regulations of the law.
   
   All of the food was considered to be spiritually contaminated because the first portion of the food from the king’s table was offered to idols and a portion of the wine was poured out on a pagan altar.
   
   Daniel 1:8
   “But Daniel was determined not to defile himself by eating the food and wine given to them by the king. He asked the chief of staff for permission not to eat these unacceptable foods.”

2) If he ate the food and drink from the king’s table, Daniel would be transferring his loyalty from God the King to the pagan king of Babylon.
   
   He had already been renamed by the King -- a sign of being owned by the King.
   
   Daniel wanted to depend upon God for his well-being -- not Nebuchadnezzar.
   Daniel’s story is unique in time, place & circumstances, but we share similar faith issues with him.

1) As Christians, we are not bound by the OT purity laws, but we still have to discern what food and drink is good for us and what food and drink is not.
   
   Making healthy eating choices (quality and quantity) honors God.

2) When our food choices (quality and quantity) are dictated by powerful cultural forces -- rather than by what is good for us -- then we have transferred out loyalty from our God to the many gods of this world.

Think of the gods that are constantly trying to exert influence over our food choices:
• **Well-stocked grocery stores** with attention-grabbing displays and multitudes of food items in attractive packages that make the product seem too good to pass up

• **Fast food** (think of the royal food offered quickly & cheaply at Burger King and Dairy Queen)

• Enticing **food advertising** on TV and in print that can make us hungry even when we have just eaten

• **Cooking shows** on TV that do the same

• **Foodie shows** on TV (visiting restaurants & cafes) that normalize eating large portions of high-calorie foods

**The same challenges** exist with regular exercise.

**King Culture** lures us into sedentary life-styles.

**Many of us do not engage in physical labor for a living,** and we become so busy with the demands of work and other responsibilities, that we don’t have the time or we don’t make the time to intentionally move our bodies.

Then there are many **leisure-time activities** that keep us sitting instead of moving: TV & videos, the computer (games, surfing the web, social networking), and even the time-honored activity of reading.

So how do we properly motivate ourselves to actively manage our eating and exercising so that we can be physically and spiritually strong and healthy like Daniel?

**What we can do.**

We can follow Daniel’s lead and....

1. **Consider eating and exercise to be spiritual habits.**

   This is not about being **skinny** like Barbie (a false idol).

   It’s not about being **buff** like Ken (also a false idol).

   It’s not about **how we look** to ourselves or others. (**Seeking admiration** --wanting to admire ourselves or wanting people to admire us -- is another **idol**)

   **It’s about honoring God by taking care of our body and treating it as a precious gift.**

**1 Corinthians 10:31** *(Read aloud together)*

“So whether you eat or drink, or whatever you do, do it all for the glory of God.”

**Make eating and exercising a spiritual activity.**

**Here** are some ideas:

   **Be mindful** when you are eating (**Don’t** make eating a mindless activity).

   **Don’t eat** on the run or standing at the kitchen counter or over the sink.
Thank God for your food.
Consider food to be a blessing -- not a curse!
Read scripture or a devotion while you eat if you are eating alone.
Talk to the other person if you are eating with someone! (Don’t stare at your phone reading texts and emails).
Worship when you exercise.

2. Choose a plan that is best for me. (NEXT STEPS)

Daniel chose the eating plan that was best for him in his circumstances.

Daniel 1:12-13
“‘Please test us for ten days on a diet of vegetables and water,’ Daniel said. ‘At the end of the ten days, see how we look compared to the other young men who are eating the king’s food. Then make your decision in light of what you see.’”

Eating meat and drinking wine was not forbidden for God’s people. (The Hebrews were not vegetarians.)
But Daniel ate only vegetables and drank only water because that was the healthiest choice for him.

So you can do the same!
   Do some research on your own about healthy eating.
   Seek out professional advice.
   **Pay attention to your own body’s needs.

Now, about exercise .....  

WSJ article:  “Hard-Wired to Hate Exercise?” Feb. 19, 2013

“When it comes to exercise many people seem to fall into two distinct camp; those who love a vigorous, sweat-soaked workout and those who view it as a form of torment.”

Stats:
• Only 3.5% of Americans ages 20 to 59 get the recommended amount of exercise.
• 52% of baby boomers report no physical activity.

Why?

A scientific finding: “How people interpret their body’s sensations during and after exercise plays a large role in whether they enjoy it.”

Everyone, when engaged in physical exertion, has a point beyond which the body becomes stressed and begins to feel bad.

It has to do with the “ventilatory threshold” when the the breathing out of carbon dioxide begins to exceed the body’s intake of oxygen.
Many **sedentary people** push beyond their intrinsic range when they try to exercise too quickly or intensely, which can make them **hate** the activity and want to stop.

The **moral of the story:** **Take it easy** when you try to go from being a **couch potato** to an **Olympic athlete** in one week!

You want to **go slow** at first and **enjoy** the exercise so that you can **develop a new healthy habit**.

3. **Correct** unhealthy habits and **replace** with healthy habits.

**Daniel 1:16**

“So after that, the attendant fed them only vegetables instead of the food and wine provided for the others.”

In order to **get rid of unhealthy habits**, you have to **put a new habit** in its place.

That requires **more than wishful thinking**.

It requires **practice** of the new desirable habit and **persistence**.

It takes **21 days** -- three weeks -- to establish a new habit.

**Ladies** -- if you need some inspiration for this -- I have an event for you!

**Women’s Day of Wellness -- Saturday, March 23, 2013**

**Focus on the whole woman:** body, mind, heart & spirit

Part of the event will be:

A talk on **eating well** and **practice** in “de-stressing through movement.”

**Lime Green Registration Card** in program (March 10 deadline; 100 max)

**Hot Pink Registration** slips in Entry

**Online registration** at bmzchurch.org.

**Men** -- I don’t want to leave you out.

Here’s a **scripture verse** for you:

**1 Corinthians 6:12**

“You say, ‘I am allowed to do anything’—but not everything is good for you.

And even though ‘I am allowed to do anything,’ I must not become a slave to anything.”

4. **Calculate** how much I **eat** and **exercise** each day.

**Daniel 1:5**

“The king assigned them a daily ration of food and wine from his own kitchens.”

“**Ration.**” Does that word make you shudder?
It means **a fixed portion** -- so the word might convey to you the idea of **not having enough**.

But all it really means is that the **food** (or whatever) **needs to be measured**.

There are **different things you can measure**:

- **Measure** (keep track of) **what you eat** and **how much you exercise every day** in a **food or exercise diary**.
  - Chances are that you are **eating a lot more** and **exercising a lot less** than you **think**.
- **Measure** (count up) the calories of what you eat and count up the number of minutes you exercise.
- **Look** at the **calorie content** of food on **boxes** and **cans** to avoid overloading on calories without realizing what you are doing. *(Ice cream doesn’t count!!)*
- Use a **food scale** to **weigh** what you eating. *(Weigh out those chips before you eat them! Don’t keep your hand in that bag!)*

**Measuring** is especially important if **you need to lose weight**.

If you want to **lose a pound**, you have to take in **3,500 calories less** than you usually do -- or burn up those extra calories through exercise. *(That’s a lot of exercising!)*

And **don’t think** you can successfully lose weight by **crash dieting**!

**Practical steps:**

- **Eat smaller portions**. *(Beware of “portions distortions” in restaurants)*
  - **Wait at least ten minutes** before going back for seconds. It takes 10-20 minutes for your stomach to tell your brain you are full.
  - **Drink a glass of water** before a meal.
  - **Walk** before or after a meal.

**Coming soon**: **Weight-loss support group** lat BMZ led by Sandy Vold

5. **Celebrate** the benefits of **healthy living**.

**Daniel 1:15**

At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food assigned by the king.

**You don’t have to wait** to celebrate healthy living until you have achieved your **goals**.

You can **celebrate each day** as you make the **small good choices** that **add up** to **big benefits**.

**We can also celebrate as a church** and **witness to the larger community** that we are **committed** to healthy living.
Coming soon: May 18th (Saturday morning)
BMZ Bod4 God 5 K Run/Walk (3.1 miles)
1 miles run/ walk
Kid’s 1/4 mile run (They probably won’t have to walk!)

The Key to healthy eating and exercise is this: Commit your body to God. (A NEXT STEP)

Pledge (together):
“I will commit my body to God and honor God by taking good care of it.”

PRAYER