

Sermon Notes: Celebrating the Gift of Health

Date: May 4, 2025

Series: Soul Restoration: Body - Mind - Spirit

Sermon Title: Celebrating the Gift of Health

Featured Scripture: Psalm 139:14

Introduction:

- Today, we celebrate the incredible gift of health.
 - Psalm 139:14 reminds us we are *"fearfully and wonderfully made"* by God.
 - We often overlook the complexity and beauty of our own bodies.
 - **Top 10 Incredible Facts About the Human Body:**
 1. Your heart beats about 100,000 times a day.
 2. Your body produces 25 million new cells each second.
 3. Bones are stronger than steel of the same density.
 4. Your brain generates about 20 watts of electrical power.
 5. Your skin renews itself every 28 days.
 6. You take around 20,000 breaths each day.
 7. Your stomach lining regenerates every 3-4 days to avoid digesting itself.
 8. Your body contains enough DNA to stretch from Earth to Pluto and back—17 times!
 9. Nerve impulses travel up to 250 miles per hour.
 10. You are made up of approximately 37.2 trillion cells.
 - We are truly miracles of God's craftsmanship.
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Point 1: Health is a Precious Gift from God

- *Psalm 139:14: "I praise You because I am fearfully and wonderfully made."*
 - God handcrafted every detail of our bodies.
 - Application:
 - Express gratitude daily for the health and life God has given.
 - Recognize your body as a sacred trust.
 - **Illustration:** Imagine receiving a priceless masterpiece. You wouldn't shove it in a closet or neglect it. You would cherish it. Your body deserves the same.
 - **Quote:** *"The human body is the best picture of the human soul."* ~ Ludwig Wittgenstein
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Point 2: Stewardship Requires Action

- 1 Corinthians 6:19-20 reminds us that our bodies are temples of the Holy Spirit.

- Stewarding our health is an act of worship.
 - Application:
 - Practice intentional habits: nourishment, exercise, rest, hydration, and spiritual care.
 - Small changes lead to significant victories over time.
 - **Illustration:** A garden thrives when tended daily but becomes wild and broken when ignored. Our health operates the same way.
 - **Quote:** "What you do with your body in public, you do with your soul in private." ~ N.T. Wright
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Point 3: Health Enables Us to Fulfill Our God-Given Purpose

- God designed you not just to exist but to thrive and serve.
 - Good health allows us to love, serve, worship, and fulfill our calling more effectively.
 - Application:
 - See your health as mission-critical, not vanity-driven.
 - Seek to serve God with your energy and strength.
 - **Illustration:** A missionary friend whose restored health allowed her to return to the field and share the Gospel where few had gone before.
 - **Quote:** "The glory of God is a human being fully alive." ~ Irenaeus
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Conclusion:

- Celebrate the body God gave you.
 - Steward it with care, gratitude, and purpose.
 - Use your health as a tool to glorify God and bless others.
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Call to Action:

- Commit to one intentional act of stewardship this week: a walk, a healthy meal, time in prayer, or an act of service.
 - Thank God daily for the miracle of life within you.
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Closing Prayer:

Heavenly Father, we thank You for fearfully and wonderfully creating us. Help us see our health as a sacred gift. Teach us to steward our bodies with wisdom, gratitude, and joy. Use our lives—body, mind, and spirit—to bring You glory. In Jesus' name, Amen.