

## OVER THE EDGE

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**Exodus 20:1-4; 1 Corinthians 6:12-13, 19-20**

*Honor God with your body.*

The animated movie, *Over the Hedge*, depicts us as beings that live to eat. This is sadly true. We eat when we are happy, mad, and even sad. Every occasion in our lives is a reason to have a meal. We eat sitting still, on the go, and even while we are driving. You cannot go to a game without having something to snack on. Every mall has a food court. Every hotel has an attached restaurant. RJ from the movie is right. Food has become our god. We worship food. We come to church on Sunday morning and rush out to get to brunch. The truth is, most of us can afford to miss a meal and not die. However, without God's Word we have no direction or quality of life. Without the Word of God, everything will overtake us and cause us to miss the point.

Having food as your idol is dangerous. Food is a good gift of God to enjoy but when we are greedy about it, it becomes an idol. Idolatry is sin. **Ephesians 5:5** Idols dictate our emotions, lives, and actions. Idols hold us captive to our desires. That's why some of us get up in the middle of night to sneak a bite. That's why some of us cannot just have one potato chip. That's why some of us can't have just one glass of wine. Some of us eat like it is our last meal, stuffing ourselves to capacity, not knowing what we are really doing to our bodies.

Your body is important. God created it. We are made in God's image and likeness. There is no one in the world quite like you. You are somebody special. God made you a cut above. A lot of intricate work went into putting you together. The human body is more complex than any other creation. God made and shaped us for His glory and honor. When we became saved, the Holy Spirit came to live in us. When we think of our bodies as the temple of the Holy Spirit, we will understand that our bodies are not our own. We are just borrowing them. When people see us, they ought to know that we are well taken care of. Back in the day, you couldn't eat in the sanctuary. You couldn't leave trash in the sanctuary. Well, we also must be careful about what we do with our temples. As you get older you can't do what you used to and get away with it. Your metabolism has slowed down and now you have to fight every pound. We dare not treat our bodies as trashcans where we put junk food.

Everything that is good to us is not good for us. We like everything that is sweet and/or fattening. Obesity is one of the most significant health problems today. The percentage of obese children has increased since the 1970s. More than half of all black women are overweight. Obesity has been linked to hypertension, diabetes, and heart disease. Hypertension has been linked to strokes. Black women are more likely to die from a stroke or heart attack than white women. Our bodies are important to God and He has plans for them. To die prematurely because of something we could have avoided is to rob God, your family, and the world of the contribution you could have made. God's desire is for us to offer our bodies as a living sacrifice, holy and acceptable unto Him. That doesn't mean diet to get skinny. It means get fit. We are all unique. We come in various shapes and sizes. Being fit is being healthy and free of anything that will prevent you from living a productive life. Being fit positions you to live a life that God has destined for you to live. It keeps Satan at bay. Living fit takes work and determination. You can be skinny as a rail and be out of shape. This doesn't

mean diet. This means discipline and developing a healthy lifestyle. It will extend and enhance your life. Your body functions best with exercise, rest, and a balanced diet.

The steps to fitness are:

***Keep the right perspective on food and use it for its intended purpose.*** Eat to live and not live to eat. Food is for the nourishment of the body. We have to be careful not to use it for any other purpose. Don't use food as therapy. It can easily become addictive.

***Develop a plan to eat right.*** You need to eliminate sugar from your diet. Sugar includes sweets, white bread, rice, and pasta. Eat plenty of fruits and vegetables. Eat live foods. We tend to cook food to death. For instance, you only have to steam broccoli. You don't have to have ham floating in everything, use turkey instead. Consider reading the book, The Glycemic Index Diet, which will explain to you how to eat right.

***Sensor.*** You have to be careful about what you buy and put in your house. Don't go to the grocery store when you are hungry. You have to know what is good for you.

***Control.*** It is not always what you eat but how much. Control is moderation. You are really supposed to eat five small meals a day. Don't skip breakfast. Eat breakfast. Have a small snack at about 10am. Eat Lunch. Have another small afternoon snack. Eat dinner at about 7pm. If you need to, have another small healthy snack a little afterwards.

***Make sure you drink 8-10 glasses of water each day.***

***Develop a daily exercise plan.*** Get up in the morning, drink 8 ounces of water, pray, and do your daily exercise. You need 20-30 minutes of rigorous exercise a day. If you are going to be fit for the kingdom, you need discipline.

***Be consistent.*** Don't expect wonders overnight. Don't be too hard on yourself. Do a little bit each day. What you want is slow, gradual, weight loss and fitness.

### **Galatians 6:9**

Peace.

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