

## **BALANCED LIFE IN CLEAN WORLD (PHYSICAL LITERACY)**

“If you marry the spirit of the time you will very quickly become a window”

Just because everybody is nuts about health and the environment and it seems cool to be green hearted even in politics and business.<sup>1</sup>

The Christian Care for our **HEALTH** and the **HEALTH OF OUR ENVIRONMENT** is not based these fads but on Jesus who took the curse upon himself and restored paradise once lost through Adam. Since Christ is the first born of all Creation, we need to ensure that we have a balanced lifestyle in our Diet, our Physical Fitness and our Recovery including our holidays.

*“We value the body, soul and spirit that God made us to be, and the world with all its resources, including wealth and the environment.”<sup>2</sup>*

Let us look at some Scriptures that will help us to understand the most important Creation-Responsible Relationship - the relationship of Christ to all of creation.

### **TEXT:**

Genesis 1:31, 1 Tim 4:4, Matthew 22:39, 1 Tim 4:8, 1 Cor 6:19, Romans 8:19-23, Isaiah 65:17, Revelation 21:1

*God saw all that he had made, and it was very good. For everything God created is good... 'Love your neighbor as yourself.'... For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come...Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 19The creation waits in eager expectation for the sons of God to be revealed. 20For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope 21that<sup>a</sup> the creation itself will be liberated from its bondage to decay and brought into the glorious freedom of the*

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<sup>1</sup> Epicurean (Supreme Good-Happiness and Stoic Philosophy- Nature) in NT times

<sup>2</sup> CJ's City Pastor's Welcome

*children of God."*

*22 We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. 23 Not only so, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait eagerly for our adoption as sons, the redemption of our bodies.... Behold, I will create new heavens and a new earth. The former things will not be remembered, nor will they come to mind.... 1 Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and there was no longer any sea.*

### **Scriptural Basis**

As many of the scriptures today will demonstrate, the Bible teaches that both "NATURE" or "THE ENVIRONMENT" and humanity are part of creation. Both are inextricably linked to one another, and have been ever since God formed us from the earth<sup>3</sup>, and will continue to be in God's future when we will exist as resurrected bodies on a new earth<sup>4</sup>. In other words, humanity and the rest of creation are part of all of creation.

Therefore, **Creation-Responsible Relationship** does not just mean caring for "nature," nor does it just mean caring for humanity; it means caring for both. A biblical **Creation-Responsible Relationship** ethic is a holistic ethic.

Humanity's relationship to creation needs to be based on a biblical understanding of God's relationship to creation. Here at CJ's City we confess Jesus Christ to be our Savior and Lord. Thus, when we ask what our relationship is to all of creation, our first task is to understand Christ's relationship to creation since he is our Lord. Our relationship with all of creation must be in keeping with Christ's relationship with all of creation.

When we explore what the Bible says about creation, we interpret each text in light of our relationship to Christ and his relationship to all of creation. If the Bible teaches us that Christ has created the universe, gives it life and sustains it, and has reconciled everything to God, then our actions should participate in Christ's creating, sustaining, and reconciling work. And not in thwarting his wonderful work.

**Jesus Christ's Relationship to All of Creation: Creator, Sustainer, Reconciler, Consummator, true Imago Dei, Heir of all things, Lord<sup>5</sup>**

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<sup>3</sup> (Gen. 2:7; 3:19; Ps. 104:27-30)

<sup>4</sup> (I Cor. 15:35-44; Rom. 8:19-23; Isa. 65:17; Rev. 21:1)

<sup>5</sup> **Col. 1:15-20:**

*"He is the image of the invisible God, the firstborn over all creation. For by him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created by him and for him. He is before all things, and in him all things hold together. And he is the head of the body, the church; he is the beginning and*

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*"He is the image of the invisible God, the firstborn over all creation. For by him all things were created: things in heaven and on earth, visible and invisible, ...all things were created by him and for him. He is before all things, and in him all things hold together... and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross."*

**Jn. 1:1-3:**

*"In the beginning was the Word, and the Word was with God, and the Word was God... **Through him all things were made; without him nothing was made that has been made...**"*

**Heb. 1:2-3:**

*"... **and through whom he made the universe...** sustaining all things by his powerful word."*

**I Cor. 8:6b:**

*"**There is but one Lord, Jesus Christ, through whom all things came and through whom we live.**"*

**Eph. 1:10:**

*"... to bring all things in heaven and on earth together under one head, even Christ."*

**Comment on the Scriptures:**

Most major environmental problems such as air pollution, water pollution, and the threat of global warming hurt people. These problems fight against Christ's reconciliation of all of creation. In many instances they hit the poor, the children, and the elderly the hardest.

*the firstborn from among the dead, so that in everything he might have the supremacy. For God was pleased to have all his fullness dwell in him, and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross."*

**Jn. 1:1-3:**

*"In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. **Through him all things were made; without him nothing was made that has been made.** In him was life, and that life was the light of all people."*

**Heb. 1:2-3:**

*"in these last days He has spoken to us by his Son, whom he appointed heir of all things, **and through whom he made the universe.** The Son is the radiance of God's glory and the exact representation of his being, sustaining all things by his powerful word."*

**I Cor. 8:6b:**

*"**There is but one Lord, Jesus Christ, through whom all things came and through whom we live.**"*

**Eph. 1:10:**

*"He (God the Father) made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, to be put into effect when the times will have reached their fulfillment - to bring all things in heaven and on earth together under one head, even Christ."*

## PRACTICAL BIBLICAL HOLINESS

### Food and Exercise

- **Eat primarily organic food.**

*The long-term health effects of most food additives have not been fully researched. Most processed food contains preservatives, which limit nutrient uptake. Organic food is free of man-made additives.*

- **Drink sufficient water every day. Health experts recommend 8 glasses a day.**

*Water is used to help the body eliminate the metabolic<sup>6</sup> wastes thereby facilitating faster, more efficient recuperation and growth. It helps one concentrate and makes one sharper.*

- **Eat 6 meals a day evenly spaced (2-3 hours) go low-calorie, and highly nutritious which ensures a steady re-supply of glucose and essential nutrients.**

*The body is more efficient at processing a small amount of food at once compared to fewer, larger meals. Insulin is regulated more effectively, which controls other processes in the body to aid in eliminating body fat and gaining muscle.*

- **Eat breakfast everyday**

- **Eat no sooner than 1 hour before training and 1 hour before sleep.**

*In doing so, food is digested and utilized more effectively.*

- **Each meal should consist of fiber, low glycemic index complex carbs, protein, essential fats, and vegetables.**

When eating at home a feeding might be one of the following:<sup>7</sup>

A small bowl of whole-grain cereal with nonfat yogurt and berries

A salad with grilled chicken and fresh veggies

A half-cup of nonfat cottage cheese with fresh pineapple

A banana smoothie or protein shake

A bowl of fat-free (no butter) popcorn sprayed lightly with olive oil

A few almonds and an apple

Several celery sticks and a scoop of egg salad (made with nonfat mayo)

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<sup>6</sup> The sum of chemical changes involved in the function of nutrition. There are two phases: anabolism (constructive or assimilative changes) and catabolism (destructive or retrograde changes).

<sup>7</sup> Divine Health New Testament, p.4

A bowl of homemade vegetable soup

A portion of baked or grilled salmon with whole-grain rice and steamed vegetables

Be creative- but in small ways!

*This is the optimal formula for regulating the hormonal processes in the body to achieve muscle growth and body fat reduction.*

- **Get some physical activity daily**
- **Physical and Spiritual energy are the fundamental source of fuel in life**
- **Physical energy is derived from the interaction between oxygen and glucose**
- **The two most important regulators of physical energy are breathing and eating**

*Do at least two cardiovascular interval workouts and two-strength workouts a week (4-6 hours)*

- **Eat fruit with post workout meal.**

*Simple sugars such as those from fruit are utilized most effectively following a workout.*

- **Vary sources of protein, carbs, essential fats, vitamins and minerals.**

*This reduces the risk of micronutrient deficiencies. Increases the chance of supplying nutrients that have not yet been identified by science.*

- **Consume essential fats daily.**

*Essential fats are crucial for maintaining an anabolic state and reducing body fat.*

- **Eat sufficient fiber every day.**

*Fiber shuttles bad fats and cholesterol out of the body. It also enables better digestion and utilization of protein.*

- **Take breaks every 1.5 hrs during work**

- **The Use of garlic in foods is recommended.**

*The constituents of garlic promote the immune system and contain raw materials for anabolic hormones.*

- **Coriander**

Helps with digestive problems, eases muscle and joint pain, its also an anti-inflammatory agent useful for managing diabetes

- **Limit alcohol consumption.**

Women 5, Men 7 glasses a week. Alcohol is a calorie dense, nutrient sparse product and is easily stored as fat.

The body has to expend extra energy processing alcohol that could be used by other processes to aid in bodybuilding.

It is potentially damaging to the liver and the brain.

Alcohol consumption depletes the body of B vitamins and produces free radicals.

## **REST AND RELAXATION**

### Summary of our Sabbath Imperative

1. Accept the gift of one day's rest a week. Humble yourself to believe you need it. And be willing to admit that your wealth and your significance and your true advancement in life depend far more on God's labor than on yours.
2. Devote one day a week to focus your attention on God in a special way. Keep a holy day and devote yourself to those things that deepen your love for God.
3. Let that day of rest (first day) be focused on God as a witness to the world that Jesus Christ is the Lord of your Sabbath and of your life.
4. Learn to sleep in front of your sleep rather than at the back of your sleep. Profound sleep takes place between 11pm and 3am experts say and I have found that to be true in my life (8 hours needed for optimal)
5. Take your annual leave and enjoy it with your friends or family

God calls us to be good stewards of our bodies (His temple) and the environment (The Rest of Creation).

## **PRACTICAL BIBLICAL HOLINESS**

Is pollution real?<sup>8</sup> Yes. Can the average person take steps at a local level to make a difference?

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<sup>8</sup> **London's Smog**

**Spotlight:** Nowadays, cars are the main culprits responsible for [air pollution](#); but, not so long ago, the blame lay with the burning of coal. One of the worst examples of this was London's [Great Smog of 1952](#). Beginning on December 5 of that year, and lasting for about four days, the city was covered with [smog](#). It was determined that the excessive burning of coal, combined with high pressure, near freezing temperatures and light winds, caused the smog to settle in over London. Thousands of untimely deaths due to [respiratory failure](#) were blamed on the smog, which entered the buildings, making it difficult to breathe and even to see.

Yes. Here are some super-basic examples of what we can do:

1. Recycle.
2. Flip the light switch to "off" when we leave the room.
3. Use low energy bulbs
4. Buy recycled paper.
5. Turn down the hot water heater.
6. Donate used cell phones to benefit organizations that collect them for reuse.
7. Wash clothes in cold water.
8. Use hand-cranked eggbeaters and can openers. Go manual instead of electric when buying gadgets.
9. When it's time to replace your car, find one that goes easy on the gas.
10. When it's time to replace your fridge, give priority to one with a great energy-efficiency rating.
11. Use the car less and public transport more.
12. Donate used clothing and shoes for resale. If you donate to benefit an organization that cares for souls as well as bodies, all the better.
13. Use cloth napkins instead of paper. (Yes, you have to wash them--and that requires detergent--but surely you'll never do a full load of napkins only.)
14. Insulate your house well--both attic and windows.
15. After God made the earth, he called it "good." When he made man and brought woman to him, He called them "very good." So I ask this... If we are the crown jewel of creation, should we disregard the crown--or should we not polish it?

Summary:<sup>9</sup>

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**Quote:** *"There's so much pollution in the air now that if it weren't for our lungs there'd be no place to put it all."* — [Robert Orben](#)

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1. Jesus Christ's Relationship to all of Creation: Creator, Sustainer, Reconciler, Consummator, true Imago Dei, Heir of all things, King of Kings and Lord of Lords. Col 1:15-20
2. Creation declares the Glory of God Ps 19:1-4
3. OT Proclaims God as Creator Ps 104
4. The Earth is the Lord's and we have been given dominion over it. Col.1: 16b, Ps 24:1, Deut 10:14
5. The Relationship between the Environmental Problems and Christian Love and Justice<sup>9</sup> Col 1:20
6. God desire for Sufficiency and Contentment for His Creation Ps 104:10-30, Job 38:39-41
7. The inter-relational inter dependency between Humanity and the rest of Creation. Ps 65:1, 9-13, Ps 104:13-15, 21-24, Gen 1:25-31; 2:1, 2 Chron.7: 13-14
8. The rest of creation harmed by humanity's sin Gen 3:17; Rev11: 18

- A. Christ is Creator of All things and Cares for the Environment and therefore calls for us to do the same.
- B. Eat Organic and Keep your diet balanced and drink lots of water and less and less alcohol and Remember to Rest and Relax.
- C. Recycle, Recycle, Recycle!

**For further study:**

The Power of Full Engagement by Jim Loehr and Tony Schwartz p.47, 71, 92, 108, 127

The Mental Toughness of a Leader by Jack Groppe on DVD GLS 2005

[www.FitnessForOneandAll.com](http://www.FitnessForOneandAll.com)