

Course Outline:

Introduction

1. Stewardship
2. Faithfulness

Money

3. Generosity
4. Spending
5. Saving, Investing, and Debt
6. Materialism
7. Q&A

Time

8. God's Purposes for Rest
9. Stewarding Our Time

Health

10. God's Purposes for Health
11. Stewarding Poor Health

Skills

12. Stewarding Your Skills
13. The Enemy of Stewardship

Core Seminars – Christian Discipleship Stewardship

Week 10



God's Purpose for Our Health

I. INTRODUCTION

II. YOUR HEALTH BELONGS TO GOD

(Deut. 32:39; Psalm 56:8; 1 Cor. 6:12-20)

“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.”

- 1 Corinthians 6:19-20

Questions? Contact Steve at Steve_boyer@hotmail.com, Jamie at Jamie.dunlop@capbap.org, or Kyle at kmburke20@gmail.com.

III. THREE PURPOSES FOR HEALTH

A. To Illustrate God's Kingdom

(Matt. 11:4-6; 1 Cor. 4:7)

B. To Serve

(Rom. 12:1; 1 Cor. 15:42-57; Philippians 1:21-26, 2:19-30)

“For to me to live is Christ, and to die is gain. If I am to live in the flesh, that means fruitful labor for me. Yet which I shall choose I cannot tell. I am hard pressed between the two. My desire is to depart and be with Christ, for that is far better. But to remain in the flesh is more necessary on your account. Convinced of this, I know that I will remain and continue with you all, for your progress and joy in the faith, so that in me you may have ample cause to glory in Christ Jesus, because of my coming to you again.”

- Philippians 1:21-26

C. To Rightly Enjoy God's Creation

(1 Tim. 4:4)

“For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving, for it is made holy by the word of God and prayer.”

- 1 Timothy 4:4

IV. CONCLUSION

“But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, who will transform our lowly body to be like his glorious body.”

- Philippians 3:21