



## Lent Day 10, March 1, 2012

*But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.*

*1 Corinthians 9:27*

In this portion of scripture, Paul is comparing the Christian life to competing in a race, more specifically, probably the Isthmian games, which the Corinthians would have been celebrating in their own neighborhood (Matthew Henry commentary). Paul explains how many of them would train and run for the race or other competitions, but only one would win the prize.

As Christians, Paul tells us that we all get to win our imperishable crown, but that we should still discipline our bodies and bring them into subjection, so that we don't become disqualified. Paul is telling us that self-denial and self-discipline are important to believers. Why would this be? I can think of several reasons. We haven't talked much this week about self-denial and self-discipline as it relates to our physical bodies, so let's spend some time there today.

To the best of our abilities, I believe God wants us to care for our physical bodies. I know that many of us struggle with chronic illness through no fault of our own. In that case we pray for healing, do what we can to improve our health, and accept that which we can't change, knowing that God still promises to use us.

Our bodies are important because the Holy Spirit resides in each one of us. Also because the healthier and the more energy we have, the more choices we have for serving the Lord. For those who can, here are some areas where we can strive to make good choices to take care of our bodies.

1. Exercise. Finding and participating in an exercise that you enjoy is a great way to discipline your body. Walking, running, swimming, stretching, and aerobics are just a few things you could choose. T-Tapp is something I've just recently been introduced to. It's not dancing. It's a wonderful exercise for your body that even sick people can do, because Teresa Tapp has designed variations of the program, including one version for people who can not stand and must exercise sitting down. You can check it out here:

[Http://www.t-tapp.com](http://www.t-tapp.com)

2. Food. Eating in a healthy manner can give you more energy and fewer calories. Try to get in your fruits, fiber, and vegetables. Avoid fast food, sugar, and too much red meat. I know as a woman, we can be vulnerable to cravings and such, but striving for a healthy menu 90 percent of the time allows us for a few dietary indiscretions.

3. Sleep. Get enough sleep. Burning the midnight oil too many times in a row can cause fatigue to set in and make you more susceptible to illness.
4. Balance. Try to balance work and play. This is a hard area for me. I struggle with always having too much to do and not taking the time to rest or do something that I really want to do.

**Application:** Today evaluate how you are caring for your body. Go through each of the four areas we discussed and write down where you need to improve. Pick at least one thing this week that you are going to change. Write it down and set a concrete goal, like I will walk one mile four days this week. Keep that going. Then in a few weeks, add another goal to the first one.

**Prayer:** Lord,  
Help me to make my physical health a priority. Please show me areas where I need to improve. Help me to start and stick to new healthy habits. In Jesus' name. Amen.