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STEWARDSHIP



STEWARDSHIP SPECIAL THE 4 T'S · 03 TEMPLE

Stewardship of health

Caring for God's temple

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"What? know ye not that your body is the temple of the Holy Ghost... For ye are bought with a price: therefore glorify God in your body..."

1 CORINTHIANS 6:19-20

OUTLINE OF THE MESSAGE

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Introduction

Christian stewardship means faithfully managing what belongs to God. We usually think of time, talents and resources, but health is part of this responsibility too. The body is a gift from the Creator, and it should be cared for so that we can live, serve, work and better fulfill the mission He has entrusted to us.

01 Our body belongs to God

Paul teaches that we do not belong to ourselves: we were bought with a price. That is why our habits are also part of our spiritual life. Caring for our diet, our rest and our physical activity, and leaving harmful practices behind, is not just a matter of appearance or longevity; it is an expression of responsibility before God.

"We are not our own. We have been purchased with a dear price, even the sufferings and death of the Son of God."

ELLEN G. WHITE · Counsels on Health, p. 43

02 The body is the temple of the Holy Spirit

In 1 Corinthians 3:16-17, the Christian is described as the temple of God. This invites us to treat both body and mind with respect. The health message, however, is not a means of salvation. We are saved by the grace of Christ; in response to that grace, we seek to manage wisely the life we have received.

"True religion and the laws of health go hand in hand."

ELLEN G. WHITE · Counsels on Health, p. 445

A QUESTION FOR REFLECTION

If Jesus is the Lord of my life, is He also the Lord of my habits?

03 God wants the whole person to be well

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

3 JOHN 2

The Bible presents a whole view of the person. Jesus taught, preached, comforted and healed (Matthew 9:35). So the Christian health message should not be a list of prohibitions, but an invitation to restoration, to balance and to a more useful life in God's service.

04 Simple principles for a healthy life

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power — these are the true remedies."

ELLEN G. WHITE · The Ministry of Healing, p. 127



Balanced diet — "Whether therefore ye eat, or drink... do all to the glory of God" (1 Corinthians 10:31). Choosing with balance and avoiding excess is also stewardship.



Water — essential to life and to the working of the body. Jesus also used water as a symbol of spiritual life (John 7:37).

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Exercise — 1 Timothy 4:8 recognizes the value of bodily exercise, while stressing the greater value of godliness. Regular movement helps preserve health.
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Fresh air and sunlight — natural elements that, used appropriately, are part of a healthy lifestyle.
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Rest — Jesus told His disciples: “Come ye yourselves apart... and rest a while” (Mark 6:31). Proper rest is necessary, and the Sabbath reinforces the principle of rest and of trust in God.
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Temperance — means rejecting what is harmful and using with balance what is good.
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Trust in God — “Trust in the LORD with all thine heart” (Proverbs 3:5). Our final trust is not in methods, but in the Creator.

“True temperance teaches us to dispense entirely with everything hurtful, and to use judiciously that which is healthful.”

ELLEN G. WHITE · Patriarchs and Prophets, p. 562

05 Prevention is stewardship too

“It is far better to prevent disease than to know how to treat it when contracted.”

ELLEN G. WHITE · The Ministry of Healing, p. 128

We often value our health only when it begins to fail. Good stewardship teaches us to act sooner: to cultivate healthy habits, to seek professional care when needed and not to put off important checkups. This does not mean blaming those who fall ill. Illness can have many causes, including genetic, infectious and environmental factors and others beyond a person's control. The Christian health message must go together with compassion, balance and hope.

06 Health in order to serve

“...that ye present your bodies a living sacrifice, holy, acceptable unto God...”

ROMANS 12:1

The goal of Christian health is not simply to live longer, but to be in better condition to love and to serve. We need strength to care for our families, to work, to study, to help our neighbor and to take part in the mission of the church. In this way, health is no longer just a personal interest; it becomes a means of service.

Health is not the final goal; it is a resource that can be placed at the service of God and of our neighbor.

07 Health and the gospel

In Ellen White's writings, health reform is linked to the mission of the church. It is not meant to replace the gospel, but to accompany it. Christ is the model: He drew near to people with compassion, met their needs, restored lives and led men and women to God. The church can follow the same principle, bringing together Bible teaching, care, prevention and service.

08 Stewardship of the mind

"...whatsoever things are true... just... pure... lovely... think on these things."

PHILIPPIANS 4:8

We also need to take care of what feeds our thoughts. Content, conversations, worries, too much screen time and lack of rest can affect our balance. Setting aside time for prayer, the Bible, family, nature, enough sleep and healthy relationships is part of caring for the whole person.

09 Jesus must remain at the center

"I am come that they might have life, and that they might have it more abundantly."

JOHN 10:10

There is a danger in turning health into a reason for pride or for judging others. We can know many principles and still lose sight of Christ. Diet, exercise and other habits are important, but they do not replace the Savior. True reform should produce humility, self-control, love and a greater willingness to serve.

Conclusion — a whole life on the altar

God has entrusted us with a precious instrument: life. Perhaps today we need to improve our diet, begin a suitable physical activity, drink more water, organize our rest, give up a harmful habit, take care of our mind or seek a professional evaluation for something we have been putting off. Lasting change can begin with small, conscious and consistent decisions, accompanied by prayer and trust in God.

APPEAL

The final question is: "What am I doing with the body, the mind, the time and the life God has entrusted to me?" The invitation of Romans 12:1 is to present our whole being to God. We can surrender our habits to Him and ask for wisdom to care for the temple of the Holy Spirit.

"Caring for our health is faithfully managing the life God has entrusted to us."

**CLOSING PRAYER**

Lord our God and Father, we thank You for the gift of life. We acknowledge that we belong to You. Give us wisdom, balance and self-control to care for our body and mind. Help us to leave behind what harms us and to cultivate habits that strengthen our physical, mental and spiritual life. May the pursuit of health never take the place of Christ, but equip us to serve Him better. In the name of Jesus. Amen.

Key texts for the presentation

1 Corinthians 6:19-20	the body as the temple of the Holy Spirit.
1 Corinthians 10:31	glorifying God in eating and drinking too.
Romans 12:1	presenting the body as a living sacrifice.
3 John 2	health and the well-being of the whole person.
Philippians 4:8	caring for our thoughts.
Mark 6:31	the importance of rest.

Sources

Bible: King James Version (KJV).

Ellen G. White, Counsels on Health, pp. 43 and 445.

Ellen G. White, The Ministry of Healing, pp. 127 and 128.

Ellen G. White, Patriarchs and Prophets, p. 562.

The Ellen G. White quotations are from her original English writings, with the page of those editions.