



Key Objective:

Being healthy is not a fad or diet for a season but a lifestyle. So how can we live physically healthy for the long haul.

Introduction:

- We live in a connivence and comfort culture that often looks to fad diets to change things - but these don't produce long term results
- There has to be a mindset change to embrace long term healthy lifestyle
- This will improve the quality and longevity of your life not only for later in life but for the journey too

Bible Talk:

Live with the end in mind

I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day — and not only to me, but also to all who have longed for his appearing. - **2 Timothy 4.7- 8**

- See your body as a vehicle to help you fulfil destiny
- It's not about quick fixes but keeping the vehicle in good shape everyday
- If you don't keep the vehicle in shape you can shorten the length of your journey - no one wants to finish the race 20 years before their time or in a vehicle that constantly needs repair.
- Run the race so as to win the prize!
- Embrace a long obedience - Hold steady

Constant Attention

I passed by the field of a sluggard, by the vineyard of a man lacking sense, and behold, it was all overgrown with thorns; the ground was covered with nettles, and its stone wall was broken down. Then I saw and considered it; I looked and received instruction. A little sleep, a little slumber, a little folding of the hands to rest, and poverty will come upon you like a robber, and want like an armed man. - **Proverbs 24:30 - 34 ESV**

- Sustainability - Aim for a lifestyle change
- Faithfulness - Stick with it - Establish rhythms and routines
- Live in the light of eternity

Practical Steps:

- Don't go on a diet or lose weight for holiday etc - short term thinking
- Make long term lifestyle choices
- Make fewer changes but in a sustainable way
- Involve friends or family on the journey
- Take small steps in the right direction over a long period of time

