

TOPIC: Lifestyle Wellness: Rest, Recreation, and Physical Care

Key Text: 3 John 1:2 – “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

INTRODUCTION

Lifestyle wellness is an essential component of effective Christian service. God is concerned not only with our spiritual life but also with our physical health, emotional balance, and lifestyle habits. For believers, missionaries, and tentmakers, neglecting rest and physical care can lead to burnout, reduced effectiveness, and spiritual dryness. True Christian service must flow from a well-cared-for life.

1 Corinthians 6:19–20 – Our body is the temple of the Holy Spirit.

Proverbs 4:23 – Guard your heart with diligence.

OBJECTIVES OF THE LECTURE

At the end of this lecture, participants should:

Understand God’s design for rest and physical care.

Appreciate recreation as a biblical principle, not worldliness.

Learn practical ways to maintain physical and lifestyle wellness in ministry.

SECTION ONE: REST – GOD’S DIVINE PROVISION FOR RENEWAL

1. Rest Is Instituted by God

Rest was established by God Himself.

Genesis 2:2–3 – God rested on the seventh day.

Exodus 20:8–11 – Commandment to remember the Sabbath.

Hebrews 4:9–10 – A rest remains for God’s people.

Note: Rest is not laziness; it is obedience and wisdom.

2. Jesus Practiced and Taught Rest

Jesus recognized human limitations.

Mark 6:31 – “Come ye yourselves apart... and rest a while.”

Luke 5:16 – Jesus withdrew to pray.

Matthew 11:28–29 – Christ offers rest to the weary.

3. Consequences of Neglecting Rest

Burnout and exhaustion – Ecclesiastes 4:6

Reduced spiritual sensitivity – 1 Kings 19:4–8 (Elijah’s exhaustion)

Physical breakdown – Proverbs 14:30

SECTION TWO: RECREATION – RENEWING THE BODY AND MIND

1. Biblical View of Recreation

Recreation means “to re-create” or renew strength.

Ecclesiastes 3:1, 4 – A time to laugh and a time to dance.

Zechariah 8:5 – Joy and playfulness in the city.

Proverbs 17:22 – A merry heart does good like medicine.

Balance: Recreation must glorify God and not lead to sin.

2. Jesus and Social Interaction

Jesus participated in wholesome social activities.

John 2:1–11 – Jesus attended a wedding.

Luke 7:34 – He interacted freely with people.

3. Guidelines for Godly Recreation

Avoid sinful or harmful activities – 1 Corinthians 10:23

Maintain self-control – Galatians 5:22–23

Ensure edification – 1 Corinthians 10:31

SECTION THREE: PHYSICAL CARE – STEWARDSHIP OF THE BODY

1. The Body as God's Temple

1 Corinthians 6:19–20 – The body belongs to God.

Romans 12:1 – Present your body as a living sacrifice.

2. Biblical Principles for Physical Care

a. Proper Nutrition

Daniel 1:8–16 – Healthy diet honors God.

Proverbs 25:27 – Moderation in eating.

b. Exercise and Strength

1 Timothy 4:8 – Bodily exercise profits a little.

Isaiah 40:31 – Renewed strength.

c. Sleep and Recovery

Psalms 127:2 – God gives His beloved sleep.

Proverbs 3:24

3. Avoiding Harmful Habits

Proverbs 23:20–21 – Warning against excess.

Ephesians 5:18 – Avoid substances that enslave.

SECTION FOUR: PRACTICAL APPLICATION FOR CHRISTIANS

Schedule regular rest periods.

Build healthy daily routines.

Engage in wholesome recreation.

Seek medical care when necessary – Luke 5:31

Balance work, ministry, and family life – Ecclesiastes 5:12

CONCLUSION

Lifestyle wellness is not optional for effective Christian service. Rest, recreation, and physical care are God's provisions for longevity and fruitfulness in ministry. A healthy worker is a more effective witness.

1 Corinthians 9:27 – Discipline the body.

Isaiah 58:11 – God satisfies the soul and strengthens the bones.