

Fitness and Health

What the Culture Says	What Scripture Says
<p>1. Eat, drink, and be merry, for tomorrow we die!</p> <p>Indulgence</p>	<p>1. True, you may die tomorrow... but that should lead to repentance rather than revelry. 2 Cor. 6:2 I Cor 2:9-10, Matt 6:33, I Cor 6:15-20 Fruit: Gal 5:22-23</p>
<p>2. The soul is beautiful and eternal, but the body is nothing but a ugly and temporary cage.</p>	<p>2. Our bodies were made in God's image and are the Temple of the Holy Spirit (1 Cor. 6:15-20). Warnings against Vanity: (1 Samuel 16:7; Proverbs 31:30; 1 Peter 3:3-4)</p>
<p>3. Keep busy! Shop till you drop! Party hardy!</p>	<p>3. Taking one full day of rest is important (Ex. 20:8-11, Is. 58:13-14).</p>
<p>4. If we eat well and exercise, we will be healthy and live a long time.</p>	<p>4. Perhaps, but even the godly suffer (James 5:11) and our lifespans are pre-determined (Psalm 139:16).</p>
<p>5. My religion is spiritual and doesn't apply to my diet.</p>	<p>5. The biblical religion has much to say about gluttony (Deut. 21:20, Prov. 23:21).</p>
<p>6. What I eat or drink is my business!</p>	<p>6. Christians will alter their diet in love for weaker brethren (1 Cor. 8:13).</p>