



A Life Well Lived



Ahead

Introduction

Living Well

Suffering Well

Ending Well

Testimonies

A Life Un-Well Lived



Physical

Poor maintenance



Mental

Fear & Anxiety



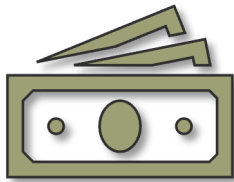
Spiritual

New or 'None'



Emotional

Leading the way



Economical

Debt



Social

Isolation



Environmental

Feast or Famine



Technological

Invasive





“Wellness”



“Well done, good and faithful servant.”

Matthew 25





Starting Well

False Starts



Independence

Be self-sufficient



Knowledge

Go to the Ivory Tower



Immortality

I will live forever



Happiness

My chief end





“If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth.”

- Colossians 3:1-2





Race Preparations





A Firm Foundation.

Colossians 1:15-18

1 Corinthians 3:11

Matthew 7:24-27





Clear Direction.

Mark 2:13-14

Ruth 1:15-18

Acts 5:29





Unhindered.

Hebrews 12:1-2

Exodus 12:7-11

1 Corinthians 9:24-27





Looking Forward.

Philippians 3:12-16

Genesis 19:23-26

Luke 9:62





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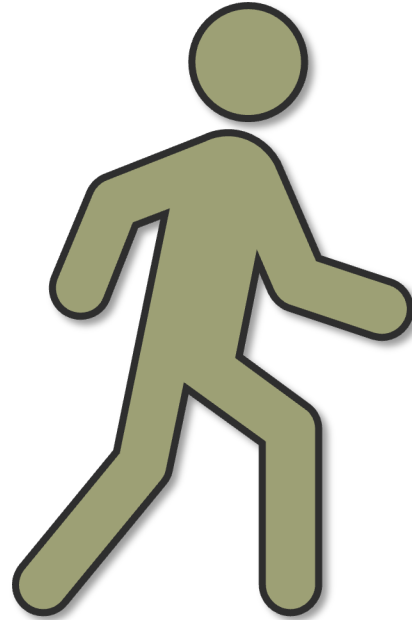


Technological

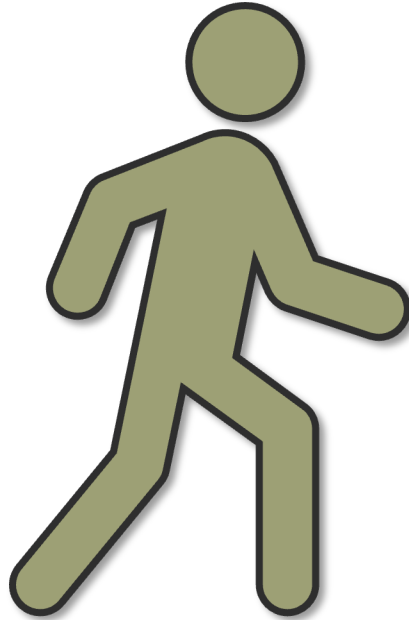
Invasive



A Life Well Lived: The Body



A Life Well Lived: The Body



24

The number '24' is rendered in a large, white, serif font. The '2' is positioned on the left, and the '4' is on the right. The number is set against a light blue background. The '2' and '4' are filled with botanical illustrations. The '2' contains a cluster of small, light-colored flowers on a stem with green leaves. The '4' contains a green fern frond. The entire graphic has a subtle drop shadow.



“What should we
spend most of our time
doing?”



8 hours / day



Age	Hours of sleep needed
0-3 months	14-17
4-12 months	12-16
1-2 years	11-14
3-5 years	10-13
6-12 years	9-12
13-18 years	8-10
19-64 years	7-9
65+ years	7-8



A Lack of Sleep.

“Short-term sleep deprivation” (less than 6 hours/night):

- Coronary narrowing.
- Brain tissue loss.
- Gene damage.





A Lack of Sleep.

“Long-term sleep deprivation” (less than 6 hours/night):

- High blood pressure, stroke and heart disease.
- Higher risk of infection and infertility.
- Hunger increase, obesity.





“ Even small amounts of sleep deprivation take a significant toll on our health, our mood, our cognitive capacity and our productivity... Many of the effects we suffer are invisible. Insufficient sleep, for example, deeply impairs our ability to consolidate and stabilize learning that occurs during the waking day. In other words, it wreaks havoc on our memory. ”

Tony Schwartz, *Harvard Business Review*





A Lack of Sleep.

- Sleep loss disrupts mood and behaviour (irritability, temper).
 - Sleep loss impairs productivity.
 - Sleep loss clouds moral judgments.
 - Sleep loss is a spiritual issue.





A Lack of Sleep.

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 - Sleep loss impairs productivity.
 - Sleep loss clouds moral judgments.
 - Sleep loss is a spiritual issue.





“ If you are among those who become nasty, cynical, or even full of doubt when you are missing sleep, you are morally obligated to try to get the sleep you need. We are whole, complicated beings; our physical existence is tied to our spiritual well-being, to our mental outlook, to our relationships with others, including our relationship with God... ”

Don Carson






“ *...Sometimes the godliest thing you can do in the universe is get a good night's sleep – not pray all night, but sleep. I'm certainly not denying that there may be a place for praying all night; I'm merely insisting that in the normal course of things, spiritual discipline obligates you get the sleep your body needs.* ”

Don Carson





Get some
sleep.






Get some
sleep.



- Manage your time well.



Get some
sleep.



- Manage your time well.
- Stop blue-lighting before bed.



Get some
sleep.



- Manage your time well.
- Stop blue-lighting before bed.
- Ignore the sleep “superstars.”



Get some
sleep.



- Manage your time well.
- Stop blue-lighting before bed.
- Ignore the sleep “superstars.”
- Nap, as you can.



Get some
sleep.



- Manage your time well.
- Stop blue-lighting before bed.
- Ignore the sleep “superstars.”
- Nap, as you can.
- Pray for sleep!



“I lay down and slept.”

- Psalm 3:5; 4:8





“One day [Jesus] got into a boat with his disciples, and he said to them, ‘Let us go across to the other side of the lake.’ So they set out, and as they sailed he fell asleep.”

- Luke 8:22





“One day [Jesus] got into a boat with his disciples, and he said to them, ‘Let us go across to the other side of the lake.’ So they set out, and as they sailed he fell asleep.”

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Do not
oversleep.





Do not
oversleep.



“A little sleep, a little slumber,
a little folding of the hands to
rest... As a door turns on its
hinges, so does a sluggard on
his bed.”

- Proverbs 24:33; 26:14



Food



“How much are you
putting into your
body?”

How much?!





“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.”

- Galatians 5:22-23





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Self-
control.



Self-control.

- Elders (1:8).
- Older men (2:2).
- Older women (2:3).
- Young women (2:4).
- Young men (2:6).



“How much are you
putting into your
body?”



Food

~~“How much~~ What are
you putting into your
body?”



~~“How much~~ When are
you putting into your
body?”



“For everything there is a season, and a time for every matter
under heaven:
a time to seek and a time to lose.”

- Ecclesiastes 3:1, 6





“ A time to eat and a time to not eat. ”

Anonymous





Poor Eating.

- Skipping breakfast and cognitive performance.
 - Blood-sugar levels and our emotions.
 - Fast food vs. homemade food.
- Eating can be a spiritual issue (“I need. I must have.”)





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“All things are lawful for me.’ but not all things are helpful.
‘All things are lawful for me,’ but I will not be dominated by
anything.”

- 1 Corinthians 6:12





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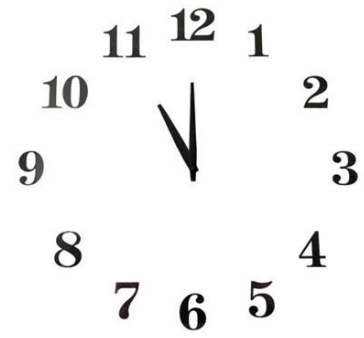
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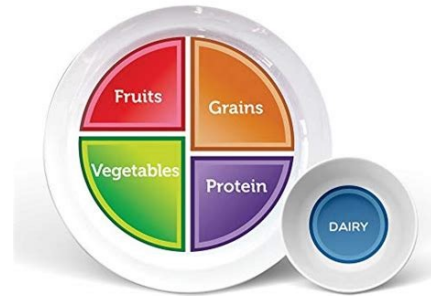
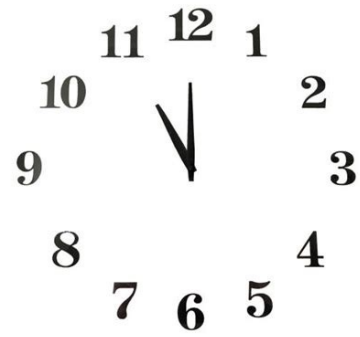
Eat Well.



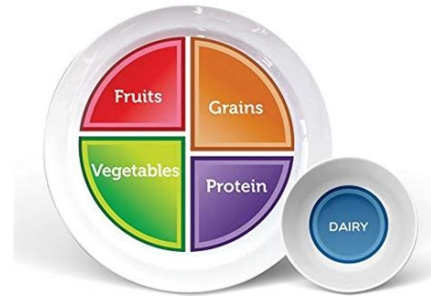
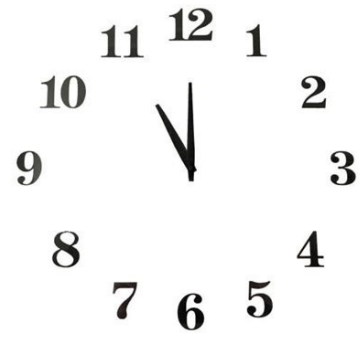
Eat Well.



Eat Well.



Eat Well.





Activity





Activity





Walking.

- Walking **2 miles a day (3.2 km)** reduces the risk of cognitive decline and dementia by 60%.
- Walking for **2.5 hours a week (20 minutes a day)** can cut your risk of heart disease by 30%.
- Walking is “**the closest thing we have to a wonder drug**” against all manner of sickness and disease (Dr. Thomas Frieden).

Adding Activity.





“ Sitting is the new smoking. ”

Dr. James Levine, *Mayo Clinic*



Adding Activity.



Adding Activity.



Adding Activity.





A Theology
of the Body.



1 Corinthians 6:9-20

A Life Well Lived: Recap



Sleep

- Get enough sleep (8 hours / day).
- Sleep deprivation causes harm.
- Do not oversleep!

Food

- Manage 'how much' (self-control).
- Also, manage 'when' and 'what', all things wise and in moderation.
- Eat in. Have a plan. Manage portions.

Activity

- Start standing. Start walking.
- Build slowly. Build routines.
- Your body is the Lord's.



“ Get your sleep, eat well and exercise.”

Dr. Scott Heidman





Next Week.



Living Well:
Our Environment.



Questions?