

## CA 26 Our Physical Assets (formerly CA 28 TFP2 OUR PHYSICAL ASSETS)

### (Theme music)

Have fun!  
➤ Check out

**FOSTER:** In the book of Joshua chapter 14, verses 10-12, we read words that, to be honest, make me jealous. These are the words of Caleb:

*“Now, as you can see, the LORD has kept me alive and well as he promised for all these forty-five years since Moses made this promise—even while Israel wandered in the wilderness. Today I am eighty-five years old. I am as strong now as I was when Moses sent me on that journey, and I can still travel and fight as well as I could then.”*

I can't speak for you my friend, but I'd love to say someday, "I'm as strong now at 85 as 40 years ago." Seem impossible? Let's take a look. But first.

Welcome to Champions Arise. I'm Foster Braun and I'm with Kent Darcie. The Bible says we are the temple of the Holy Spirit. So here's a question: what shape is your temple in today? Really great shape? Okay shape? No shape? Today our topic is taking care of our bodies. Bodies that serve as the temple of the Holy Spirit. So please stay with us.

### **Music theme**

➤ **FOSTER:** Kent, I look across the microphones and you look like you don't have an ounce of fat on you.

**KENT:** That's because I'm wearing a big sweater!

**FOSTER:** I don't think so.

**KENT:** First I do have a couple of pounds that need to go away

**FOSTER:** awwww

**KENT:** So that's the way we are going to be, Huh? But *anyway*, our program today is on taking care of our temple. Paul stated in 1 Corinthians 6:19, "*Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God?*"

And, I think taking care of our bodies was easier in Paul's time. It was a farming culture. People **worked** in the fields. People **walked** everywhere. Today, we drive to the mailbox to get the mail.

**FOSTER:** I know for me, being in radio all these years, I've had to make sure that I exercise regularly, because I don't burn off a lot of calories talking into a microphone.

**KENT:** I'm the same. I write. And I do presentations—speaking engagements. Neither of these require a lot of physical exertion. But part of the problem is our bodies are actually working against us. In the book, "The Four Priorities" by Dr. John Tolson and Larry Kreider, they write that, over the years, we experience the loss of "lean body mass." Lean body mass is the

doctor's term for the bone, muscle, and connective tissue—basically what you have left if you take away all of the water from our body.

**FOSTER:** So lean body mass decreases as we get older.

**KENT:** Yes, and this is a problem. **Because** our lean body mass is decreasing, our metabolism slows down and we don't need as many calories to keep our body going. However, particularly in western society, the amount we eat either stays the same or goes up. So we have **decreased need**, but increased calories, which produces fat.

**FOSTER:** Okay Kent, You aren't going to do a whole diet teaching I hope.

**KENT:** who me?

➤ **FOSTER:** The man with the sweater that is covering half pound of fat? Of course not!

**KENT:** hey, can I help it if I have thin DNA?

No, I am not going to talk about dieting. But if you and I, and any of the men listening want to be like Caleb, ("Rah!" at 85 years old,) we have to take certain steps now. And one of those steps is eating wisely. Notice I didn't say dieting.

**FOSTER:** Thank you.

**KENT:** You're welcome. And dieting doesn't work anyway. **Let me rephrase that.** Trying to keep weight off long term with some "special diet", usually doesn't work. There's no "secret" or pill that will help us to lose weight *safely* and keep it off. You lose weight by doing four things:

- Eating less
- Eating more protein (because it builds muscle mass)
- Exercising
- AND, getting rest.

**FOSTER:** Wait a minute. You mean I can lose weight by sleeping?

**KENT:** In a way, but probably not the way you're thinking of. When we are well rested we're less stressed. And when we're less stressed...

➤ **FOSTER:** we eat less.

**KENT:** yes, and it's interesting, again particularly in western society, rest is frowned upon. Only the weak stop and rest. When actually, it's biblical. God created the Sabbath—a day of rest. Jesus said, "The Sabbath was made for man," in Mark 2:27. But many of us are not getting the rest we need to take proper care of our temples—our bodies.

➤ **FOSTER:** and if you joined us late, this is Champions Arise. I'm Foster Braun, and the man in the sweater is

**KENT:** wait a minute! You are not going to let that go, are you?

**FOSTER:** Excuse me. I'm trying to do my part here.

**KENT:** oh. Sorry Mr. Braun. Please proceed.

**FOSTER:** Thank you.

I'm Foster Braun and I'm with Kent Darcie. Today we are discussing the importance of taking care of our bodies—or as Paul referred to it—the temple of the Holy Spirit. Kent, all kidding aside, it is very important for us to take care of ourselves.

**KENT:** Yes it really is. And this is not about being self-centered or selfish. It's seeing ourselves as God sees us, as the highpoint of His creation.

I've heard it taught that we are stewards of our money and our time—that they really belong to God, but we are entrusted to use them properly. It's the same with our bodies. We have to ask ourselves, are we being good stewards of the body God gave us?

**FOSTER:** So Kent, we've said that if we want to take care of our bodies, we need to eat properly and get the right amount of rest—which is probably more than we're getting now. What is another way we can take care of our body?

**KENT:** Overeating and not enough rest are big problems when it comes to taking care of our bodies, but, for men, a worse one is found in 1 Corinthians 6:17-20. This talks about our body being the temple of the Holy Spirit, but listen to all of Paul's words in this section.

*"But the person who is joined to the Lord is one spirit with him. Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body. Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body."*

Sexual sin is not taking care of our body. Again, verse 18 *"For sexual immorality is a sin against your own body."*

**FOSTER:** Sex is a gift from God, but it can destroy us if we're not careful.

**KENT:** That's an important point. Because sex is not bad. God created it. That's one reason why the Bible says "a man will leave his father and mother and be joined to his wife. The two of them will become one"—Genesis 2:24. But we need to guard against sexual immorality: and here are four things that can help.

The first is to be aware of your vulnerability. If you think that/ that affair can't happen to you, or your pornography habit isn't affecting you in negative ways, you -are - wrong.

The Apostle Paul reminds us "So be careful. When you think you are standing firm, you might fall (1Cor 10:12.)" Proverbs 11: 2 says, "when pride comes, then comes disgrace.

**FOSTER:** And how many times have we seen that? Good men, men that loved God, but didn't see their vulnerability and fell into sexual sin and disgrace.

**KENT:** And as Christian men, we need to understand this. Sex trafficking, sexual abuse, pornography, worldwide, are mostly male problems. In part, because we don't understand that we're vulnerable.

**FOSTER:** What is the second step we can take to avoid sexual immorality?

**KENT:** if you're married, guard the marriage bed. And I phrased it that way intentionally. Guard. Protect. Defend your marriage bed. Because it is under attack by Satan. Just because you have a strong relationship that includes good physical intimacy with your wife, doesn't mean you're immune from temptation. Paul wrote to Timothy, "Flee the youthful lusts," (2Ti 2:22.)"

Job said, "I made a covenant with my eyes not to look with lust at a young woman." [Job 31:1] This is how we guard, protect, and defend our marriage bed – even if we're not married yet.

**FOSTER:** And this is not easy when everywhere you see women in pictures, on TV, in movies, or in the store who wear clothes that are revealing.

**KENT:** and our natural tendency is to look. But when I meet with young men, and even older men, I teach to bounce your eyes.

**FOSTER:** What do you mean?

**KENT:** When you see a woman, and you want to stare at her, bounce your eyes. Look away. And that's how you know if lust is creeping in, if you **want** to stare at her. If you **want** that second look. That's lust. But bounce your eyes instead.

Also, pursue your wife. Surprise her with little gifts. If she works, sneak a little note into her lunch. Go for walks together. When you are physically intimate, think of ways you can meet **her** needs and give **her** pleasure. Focus your thoughts on her.

**FOSTER:** What is the third step to avoid sexual immorality?

**KENT:** Guard your thoughts. Jesus said, if you've lusted after a woman in your heart, you've committed adultery already. 2 Corinthians 10:5 says, "*Take every thought captive to obey Christ,*"

I like the word "captive". When a lustful thought comes to us, we crush it with a scripture from the Bible.

**FOSTER:** and the fourth step.

**KENT:** the last step to avoid sexual immorality is to be accountable to someone.

**FOSTER:** Very, very important.

**KENT:** For men, this can be hard, but admitting your failure and your tendency to stumble in the area of sexuality is a strong deterrent to sin. You don't want to tell your men's group that you fell. So when you're tempted, you think, "Do I really want to tell the guys I messed up?"

And a good mentor, or men's group will ask you how you're doing.

I heard about a senior pastor who would ask these questions to keep his staff accountable,

- Have you been with a woman (or man) anywhere this past week that might be seen as compromising?
- Have you exposed yourself to any sexually explicit material?
- Have you spent adequate time in Bible Study and prayer?  
And here is the big one
- Have you just lied to me?

**FOSTER:** Those are powerful questions can you go over those again please?

**KENT:** Sure.

- Have you been with a woman (or man) anywhere this past week that might be seen as compromising?
- Have you exposed yourself to any sexually explicit material?
- Have you spent adequate time in Bible Study and prayer?
- Have you just lied to me? With any of your answers.

**FOSTER:** that last question, have you lied to me, is probably the most important one.

**KENT:** Yes. Because that question alone, if you're a man of integrity, you're going to remember that question when you are tempted. And it will serve as an escape from the temptation.

1 Corinthians 10 verse 13 says, "*The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out, so that you can endure.*"

And two ways to escape temptation are 1) don't put yourself in a situation where you can be tempted—be careful of what you watch on TV or in a movie. Don't look at magazines that have women in them that tempt you to stare. Keep your computer in a public area of the house—where people are around. And 2) get an accountability partner or men's group.

**FOSTER:** Thanks Kent. So we can take better care of our bodies by watching what we eat and exercising, getting the proper amount of rest, and abstaining from sexual immorality. I hope you've found this program as challenging as I have. We'll be right back.

***Theme music in***

**Program Close**

**FOSTER:** Thank you for listening to Champions Arise where men are equipped and strengthened to meet their God-given potential. Today we discussed the importance of caring for our bodies. This program was based on chapters 8 and 9 in the book "The Four Priorities," by Dr. John Tolson and Larry Kreider which is published by "The Gathering USA" in 2007 and used with permission. You can learn more about this book and listen to any of these programs at our website [championsarise.org](http://championsarise.org). I'm Foster Braun with Kent Darcie. Thank you for listening to Champions Arise. May God mold you into the man He knows you can be.

***Music Theme out***

**Out Tag**

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