



Quail Hollow Presbyterian Church Men's Retreat

April 11-13th, 2008

**“If Jesus Was
Your Personal Trainer”**

Dale Fletcher, M.S.

Faith
and **HEALTH**
Connection 

Weekend Objectives

- Experience rich fellowship
- Learn key principles to a life of health and wholeness that is balanced and integrated
- Become better equipped to live your life purpose
- Be challenged to model and implement what you learn & experience

*





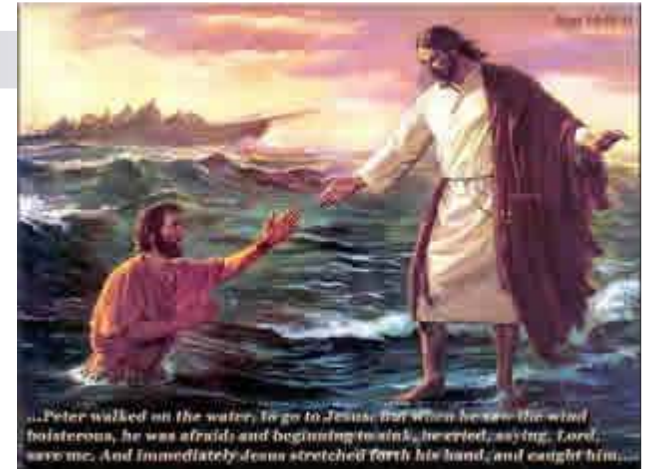
Session Topics

1. The Case for Wholeness & Balance
2. Physical Health & Healthy Lifestyle Behaviors
3. Spiritual Fitness & Spiritual Exercises
4. Spiritual Fitness & Spiritual Exercises
5. Priority & Time Management
 - Total Fitness Plan
6. Living a Model Life of Wholeness & Giving it Away

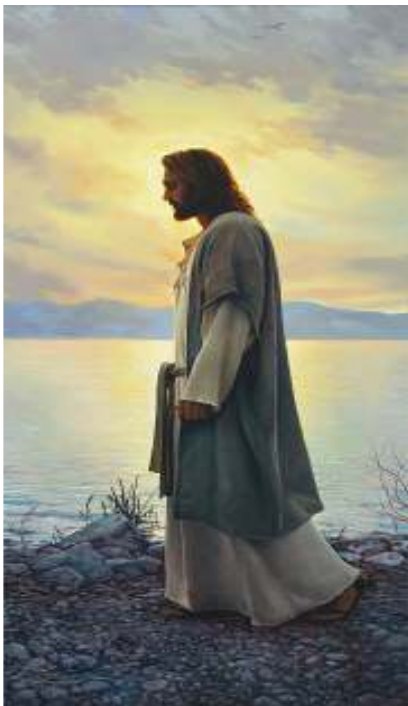


What Are You Passionate About?





If Jesus Was Your Personal Trainer...



On Wholeness

“You ought not to attempt to cure the eyes without the head, or the head without the body.... the body without the soul. For the part can never be well unless the whole is well.”

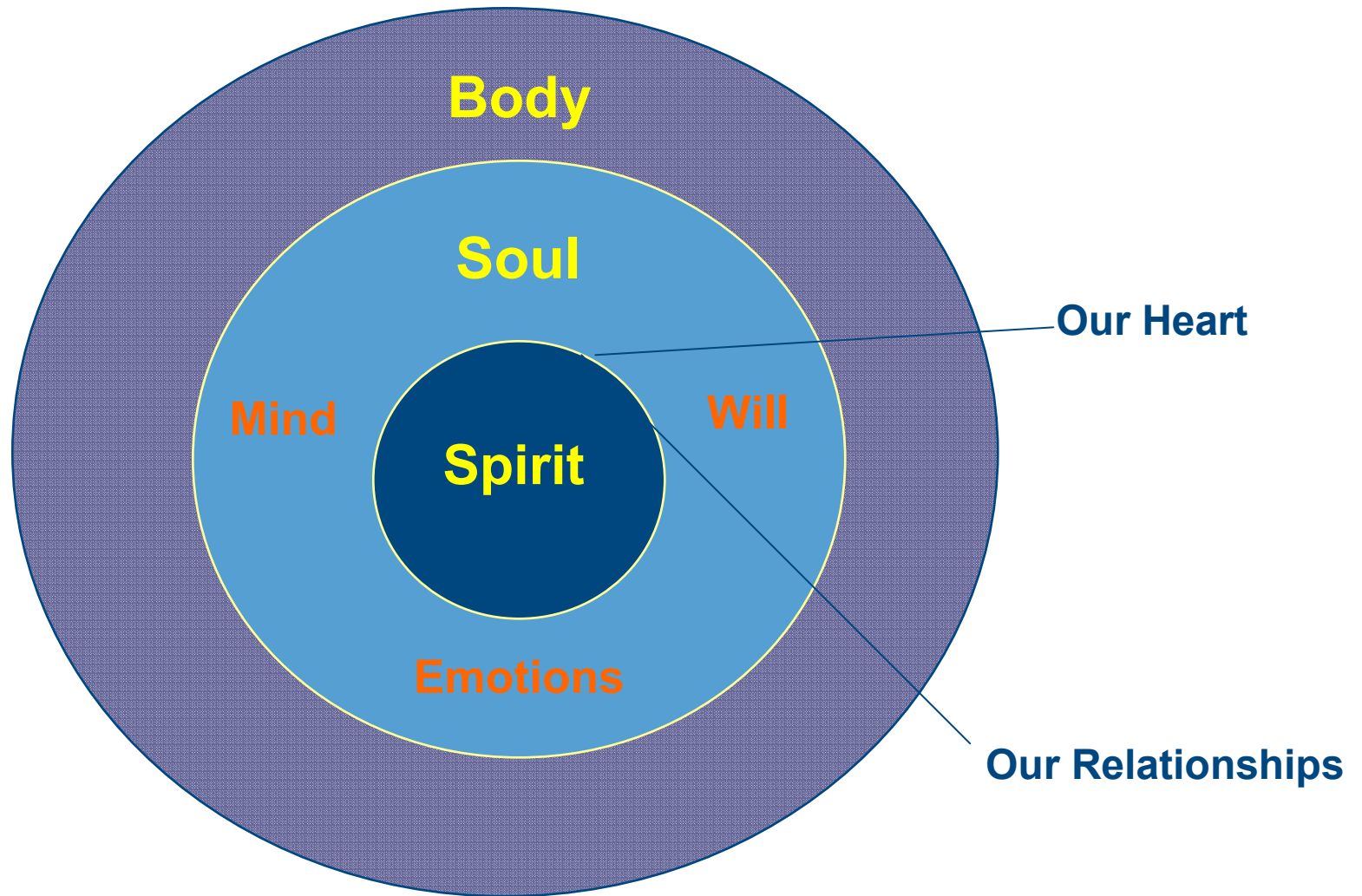


Plato
399 B.C.

The Need for Wholeness & Balance

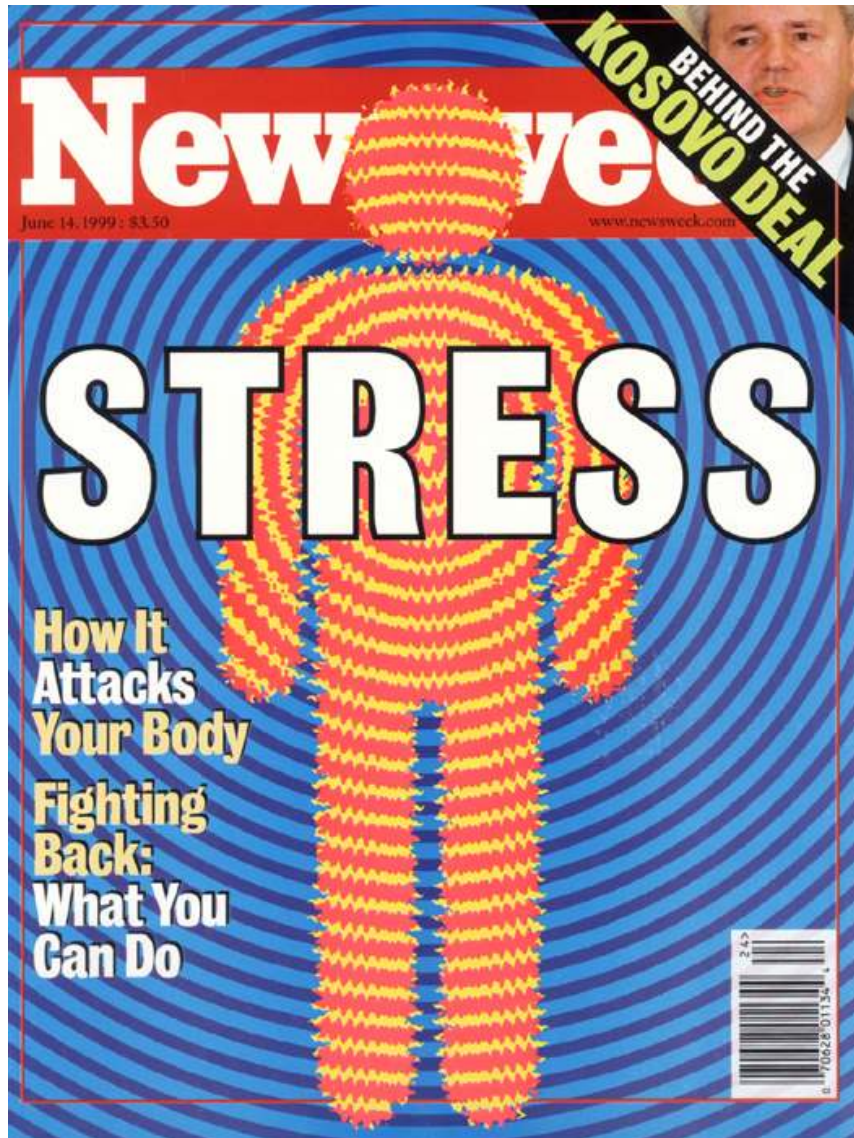


#1 - We Are a Three Part Whole



We are Spirit, have a Soul and live in a Body

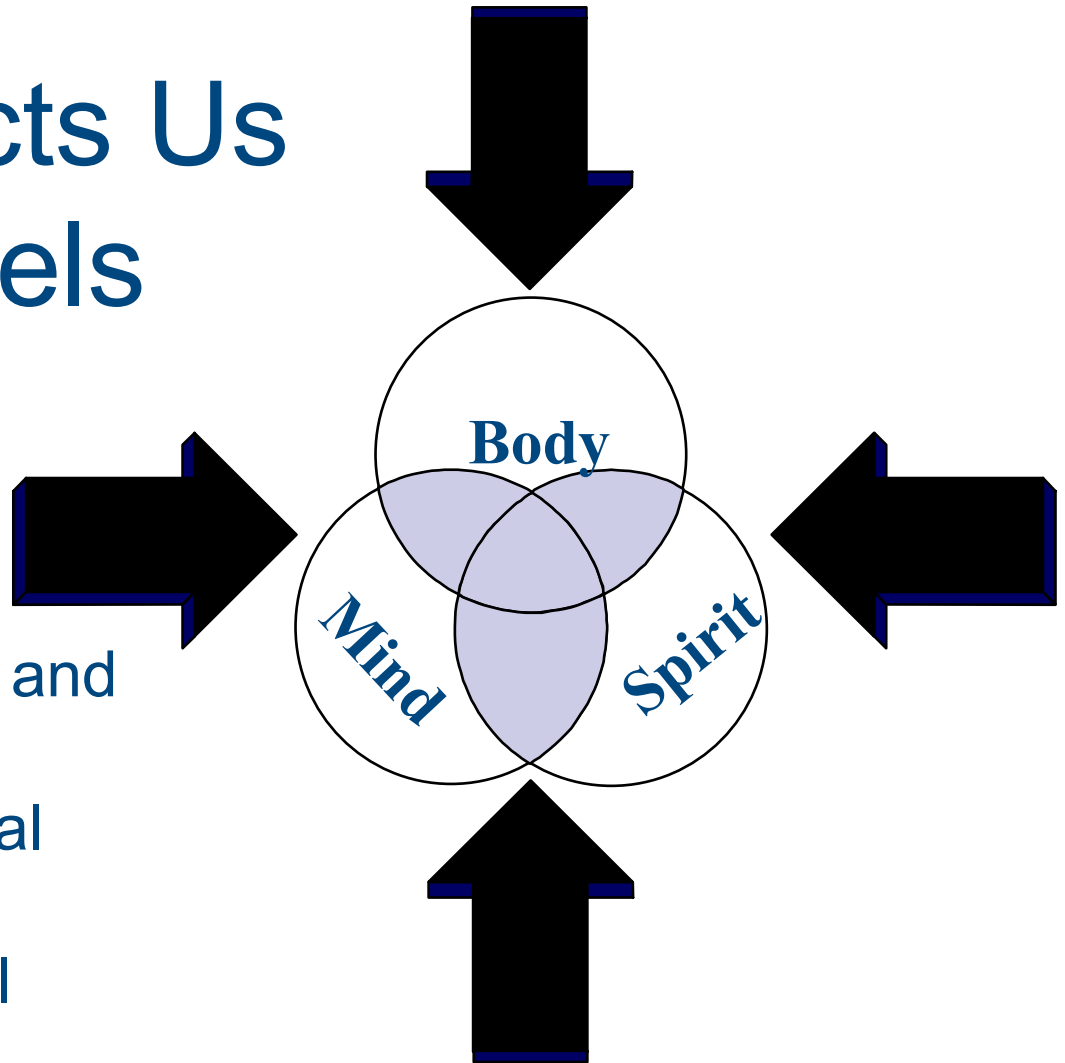
2 – To Better Manage Our Stress



Stress Impacts Us on All Levels

How we react to stress...

- Mentally causes spiritual and physical changes.
- Spiritually causes physical and mental changes.
- Physically causes mental and spiritual changes.



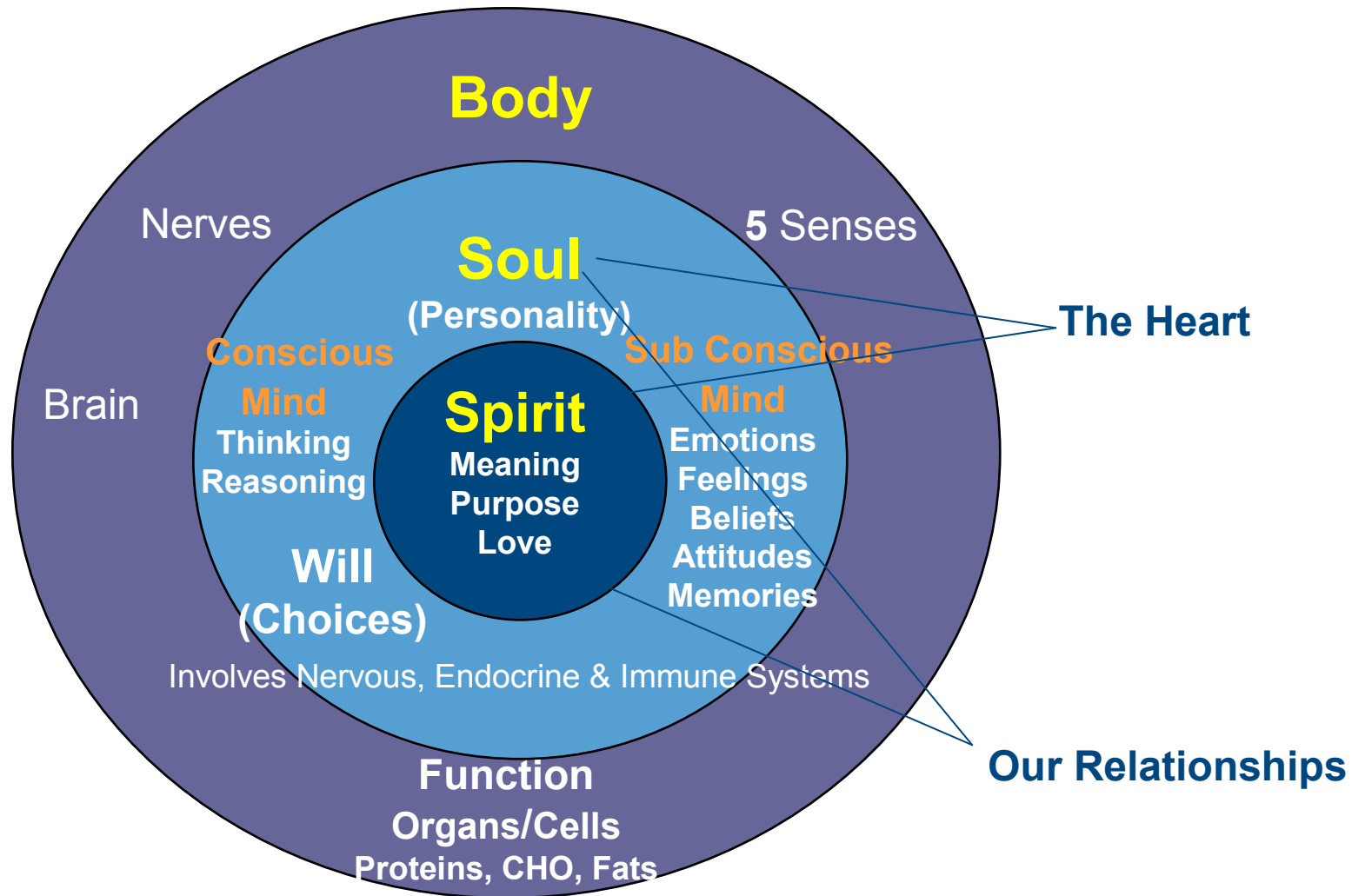
Stress and Health

“75 to 90% of all physician office visits have stress-related components.”



American Psychological Association

We Are a 3-Part Whole



We are spirit, have a soul and live in a body



Stress-Related Illnesses

- Hypertension, much cardio-vascular disease
- Chronic headaches, some depressions
- Some digestive and intestinal disorders
- Chronic fatigue or pain syndromes
- Some malignancies
- Auto-immune diseases, adult diabetes



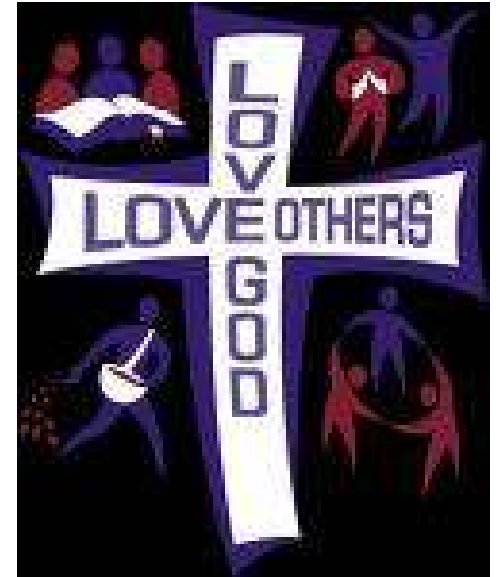
Jesus on Stress

“I have told you all this so that you may have peace in me. *Here on earth you will have many trials and sorrows.* But take heart, because I have overcome the world.”

Jesus – John 16:33



3 - To Better Live Our Life Purpose





The Greatest Commandment - Love

Mark 12:30-31

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these.”



The Need for Wholeness & Balance

- We are 3 Parts & Interconnected
- Better Deal with Life & Manage Stress
- Better Serve Our Purpose in Life
 - The Greatest Commandments
 - To give our life away in service to others for the glory of God
- We are Part of the Body of Christ – 1 Cor 12:12,27

** The Church is a place to become whole **



Wholeness Assessment



*

What's the Key to Achieving Wholeness & Balance?



- Emotional & Mental
- Physical
- Spiritual

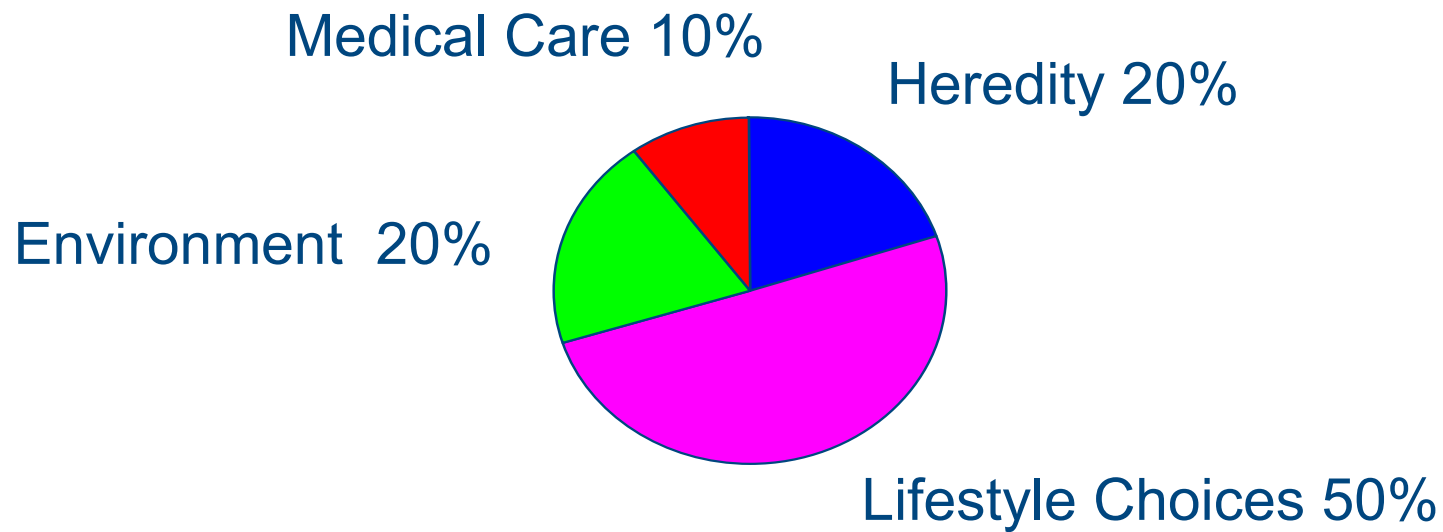
*

Physical Health Healthy Lifestyle Behaviors Physical Fitness



*

Key Determinants of Health



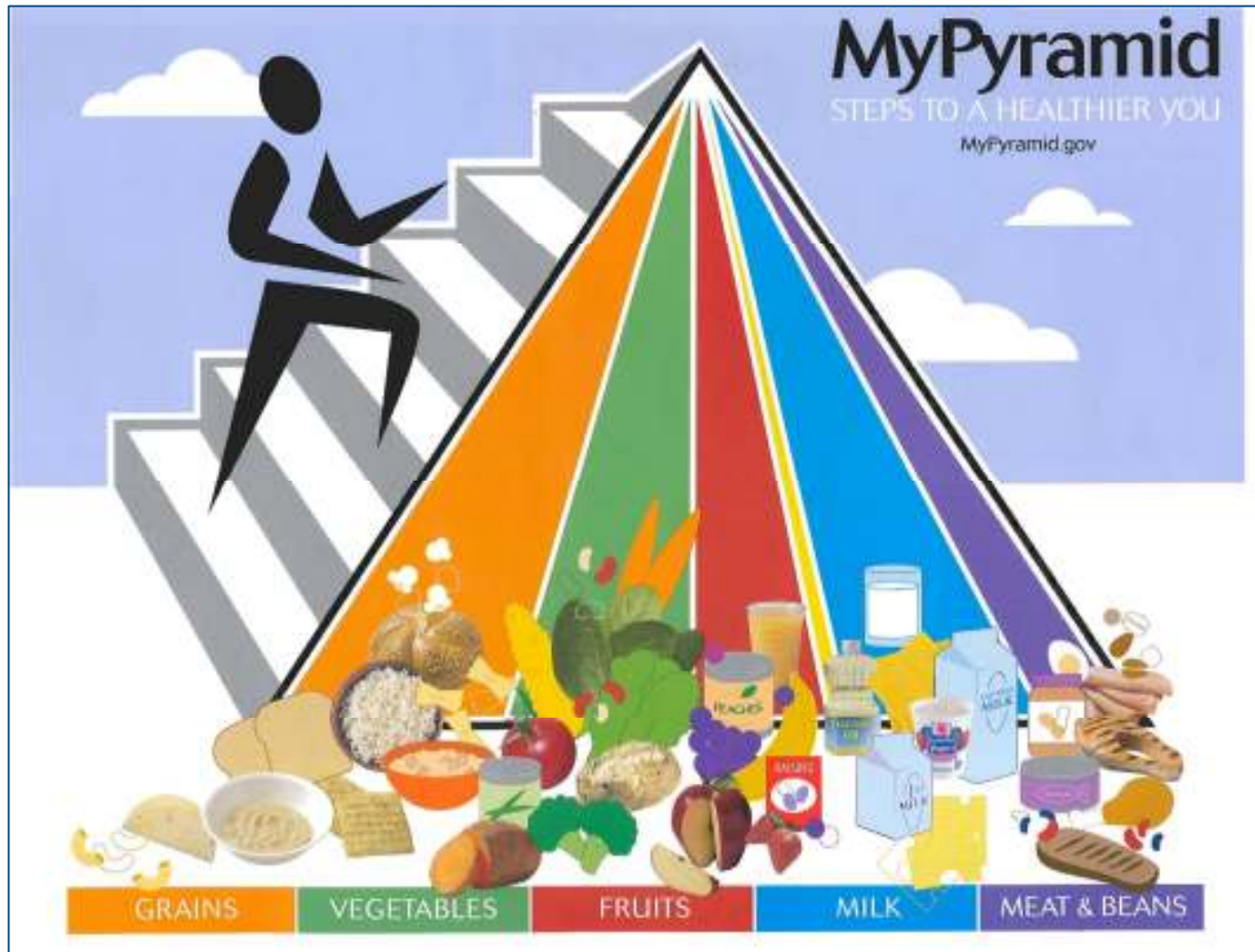
Keys for Good Physical Health



- Get regular health checkups
- Manage your stress
- Get enough sleep & rest*
- Be renewed regularly
- Be drug & tobacco free
- Maintain a healthy weight
- Eat well
- Be physically active
- Be spiritually well

*

Eat Well





Be Physically Active

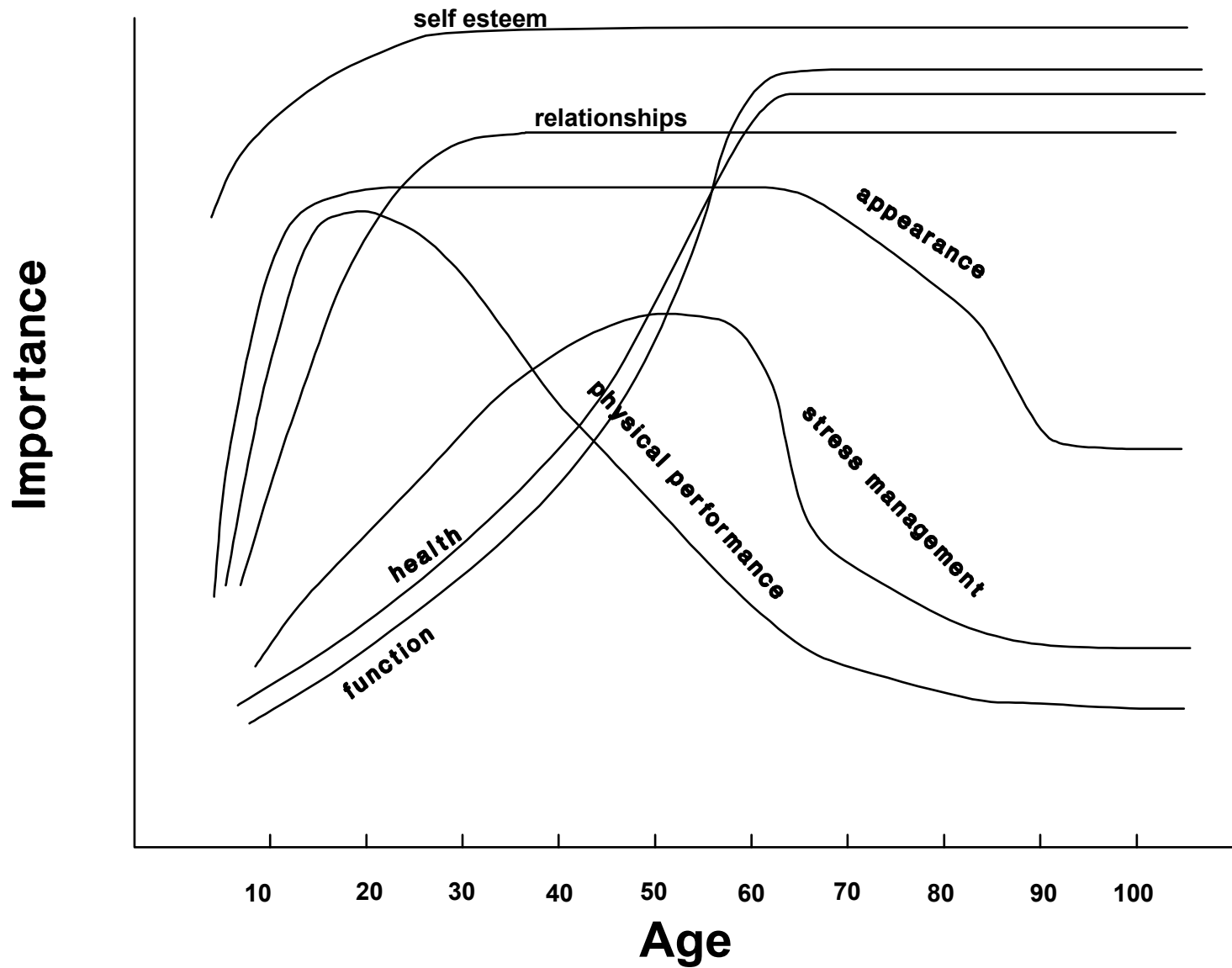


1. **Incorporate movement into your daily life**
2. **Exercise aerobically 3+ days/week**
3. **Add resistance exercises to your routine**

- **Value the benefits**
- **Find a buddy**

- **Schedule it**
- **Be prepared for obstacles**







Basic Fitness Principles

- **F**requency
- **I**ntensity
- **T**ime or Duration
- **T**ype of Activity
- Overload
- Rest and Recovery
- Specificity
- Variety

For Your Physical Health... Any Changes You Might Make?



- Get regular check-ups & exams
- Manage your stress
- Get enough sleep & rest
- Be renewed regularly
- Be drug & tobacco free
- Maintain a healthy weight
- Eat well
- Be physically active
- Be spiritually well

*

Our Emotional & Spiritual Fitness



*



Our Faith/Spirituality

- Serves as a Guide for Our Relationships
 - God, Self & Others
- Gives us a Value System, Sense of Right & Wrong
- Gives us a Meaningful Purpose & Direction in Life
- Provides us Eternal Life
- Helps us Live a More Full & Whole Life
- Aids us with Making & Sustaining Lifestyle Changes
 - Improved Emotional & Physical Health



IRAQ'S NEW TERRORISTS • RAGE OVER 'THE REAGANS'

Newsweek

November 10, 2003

NEWSWEEK PUBLISHED WEEKLY

God & Health

Is Religion
Good
Medicine?
Why Science
Is Starting to
Believe





The Research on Faith and Health

“Our research and amazing new scientific technology are continually adding exciting new evidence that our Great Creator, God, has equipped us with marvelous mechanisms by which, through faith in him, our spiritual beliefs and behaviors can actually help heal us.”



Harold G. Koenig, M.D.
Duke University
Author, *The Healing Connection*

The Research on Faith and Health

Faith seems to impact positively on our health in the following areas:

- Cancer
- Hypertension
- Heart Disease
- General Health
- Longevity
- General Well Being
- Substance Abuse
- Suicide
- Life Satisfaction





Spiritual Exercises...

for a Healthier Life

*“Spend your time and energy in training yourself for spiritual fitness. Physical exercise has some value, but **spiritual exercise** is much more important for it promises a reward in both this life and the next. This is true and everyone should accept it.”*

1 Timothy 4:7-9 (NLT, 1st Edition)

What Does Spiritual Exercise Look Like to You?





Our Spiritual Health Affects Our Emotional Health





Being Whole is About Loving Ourselves by Receiving God's Love & Loving Him

Jesus wants to be our personal trainer

Caring for Our Heart

Proverbs 4:23

- “Guard your heart above all else, for it determines the course of your life.” NLT
- “Keep your heart with all diligence, for out of it spring the issues of life.” NKJ
- “Above all else, guard your heart, for it is the wellspring of life.” NIV

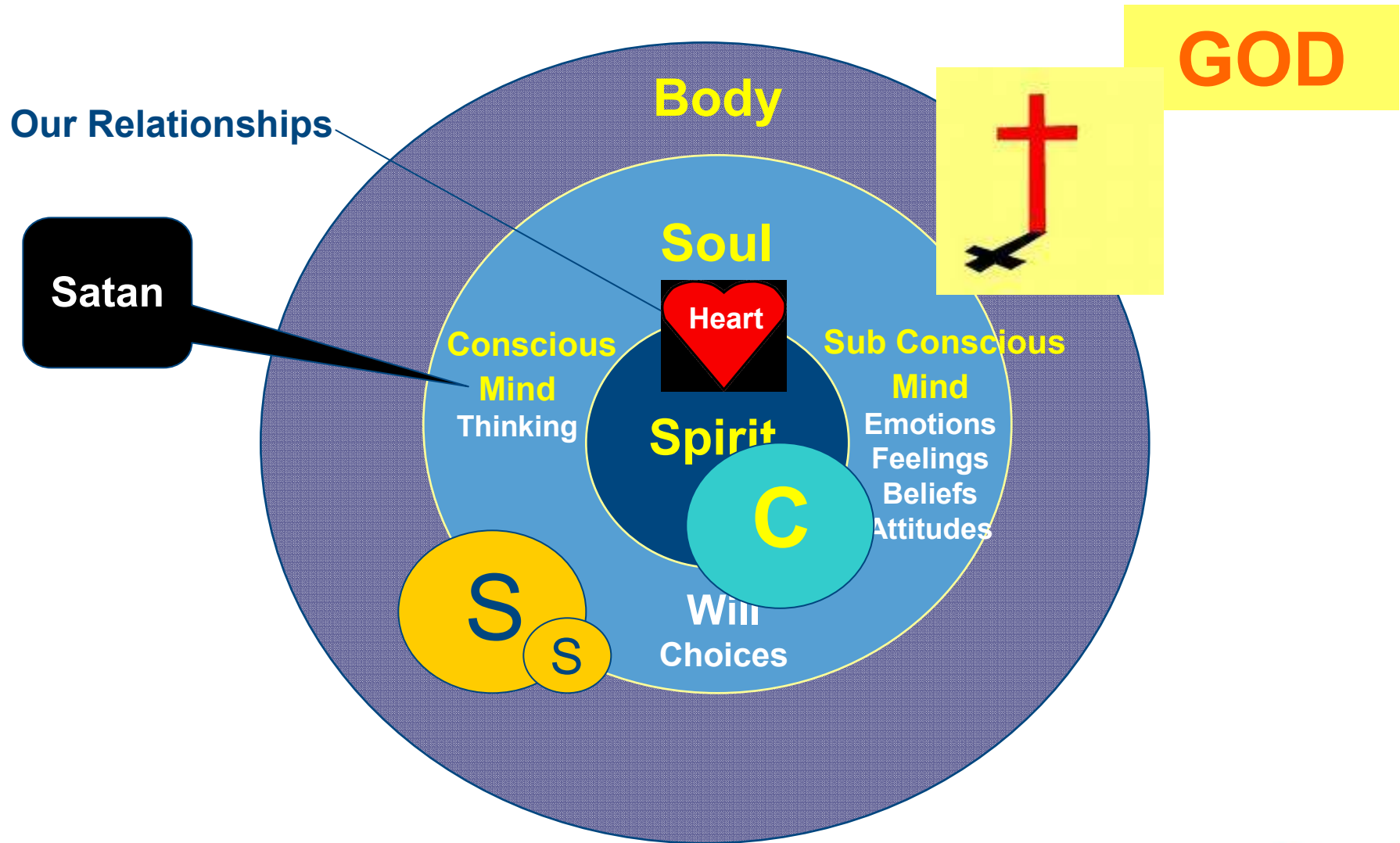


“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

Jesus - John 10:10



Our Wholeness in God, Jesus & the Holy Spirit



*



Our Beliefs and Attitudes About God

- Believe in God & His Son Jesus
- Believe God's Spirit Lives in You
- Believe God Forgives You



Our Relationship With God

- Have Faith & Trust in God
- Love God
- Believe In & Receive God's Love
- Obey God
- Read and Study the Bible
- Cry Out to God
- Surrender to God/Let Go
- Pray and Meditate
- Abide in God's Presence

*



How We Practice Our Faith

- Be in Community with Others
- Attend Church/Worship with Others
- Love & Serve Others
- Forgive
- Think Spiritual Thoughts/Renew Your Mind
- Confess Your Sins

*

Religious Service Attendance & Hypertension

- Survey of 14,475 Americans
- Those who attended religious services had lower prevalence of hypertension compared to non-attenders



Gillum RF, Ingram DD (2006). Frequency of attendance at religious services, hypertension, and blood pressure: The Third National Health and Nutrition Examination Survey. Psychosomatic Medicine 68: 382-385



Thinking With the Mind of Christ

- Receive Christ in your heart
- Believe you receive a new mind - 1 Cor 2:16
- Resist the lies of Satan - 2 Cor 10:5
- Renew your mind - Rom 12:2
 - Read the Word – Col 3:16
 - Think the truth found in the Word
 - Eph 4:21-24 NLT
 - Eph 6:10-14, 17
 - John 8:31-32
 - Write and speak affirmations/confessions*
 - Set your mind on things above – Col 3:2
 - Monitor your thinking
- Allow the transformation to affect your feelings → behaviors

*



How Spiritually Fit Are You?

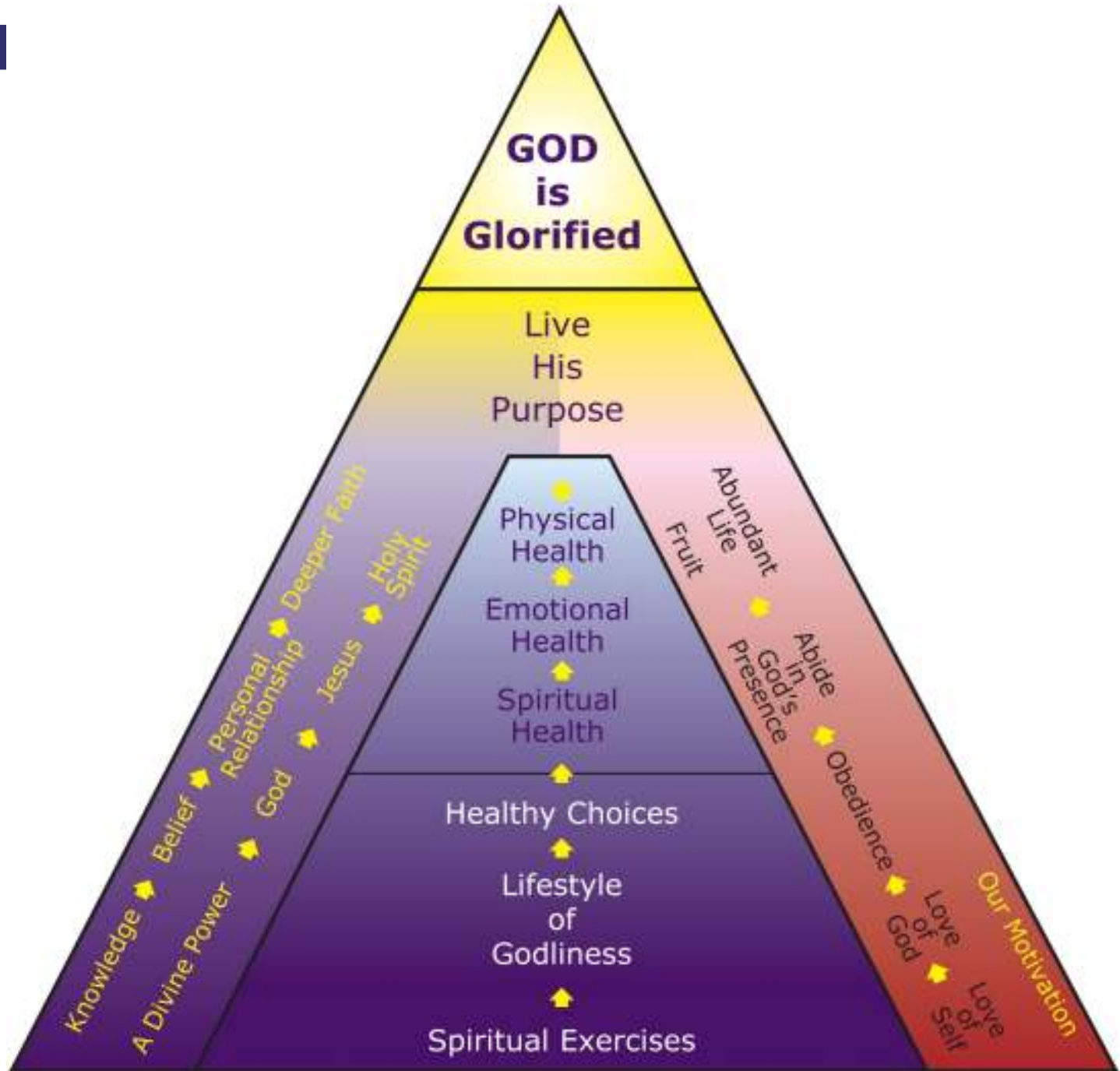


John Wesley on Health

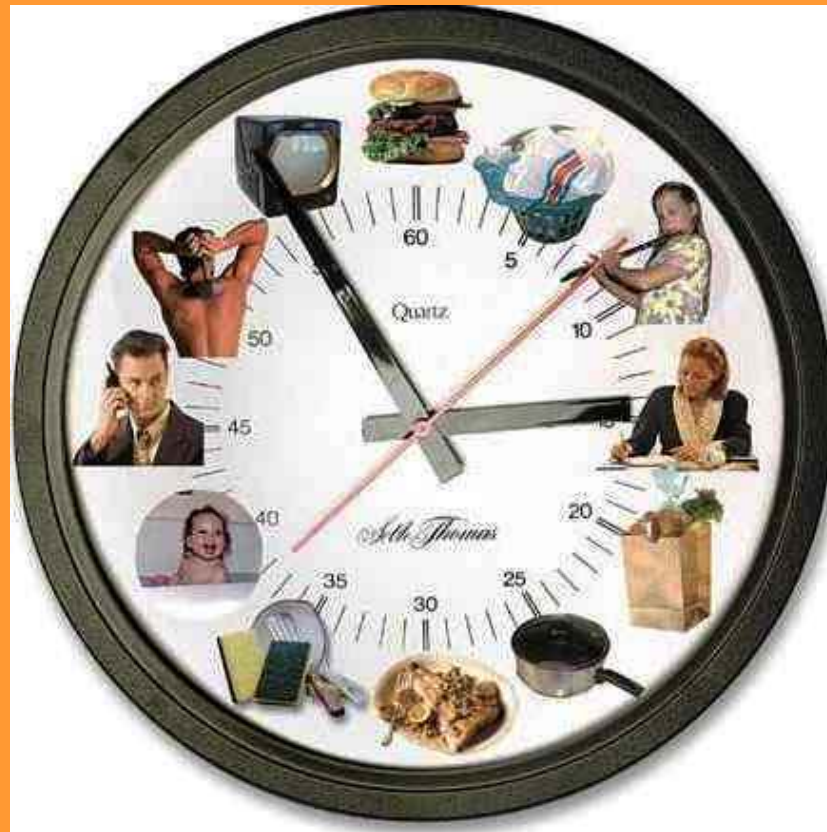
“It will be a double blessing if you give yourself up to the Great Physician, that He may heal soul and body together. And unquestionably this is His design. He wants to give you ... both inward and outward health”

John Wesley
Letter to Alexander Knox
October 26, 1778



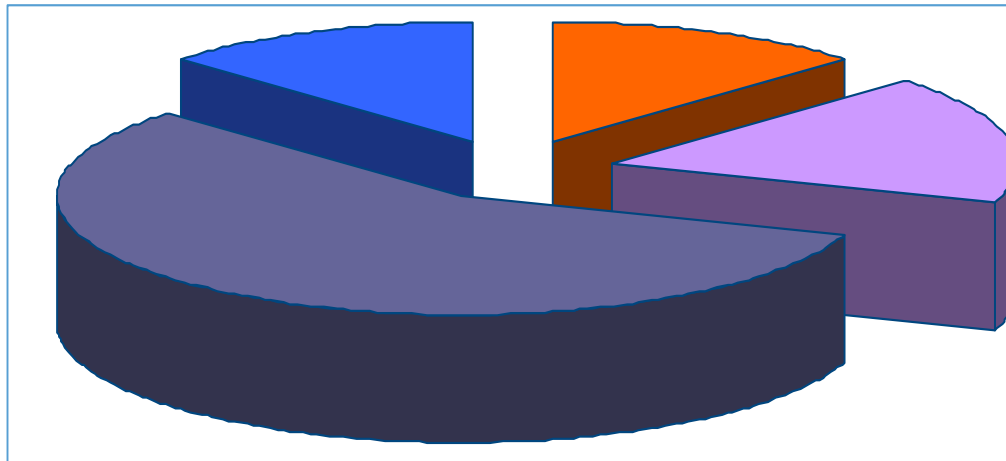


Priority & Time Management



*

What is Time Management?



Managing our ACTIONS!

Do What Matters Most



Act

monthly
weekly
daily

Plan Goals

long term
intermediate
short range

Identify Values & Roles



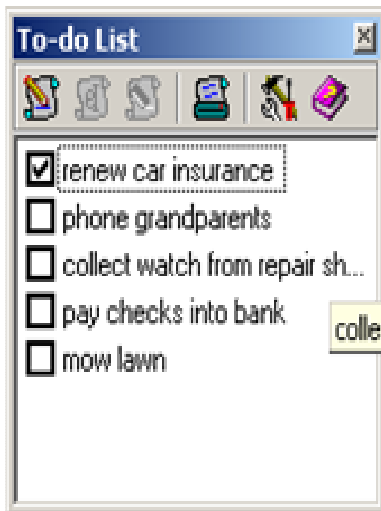
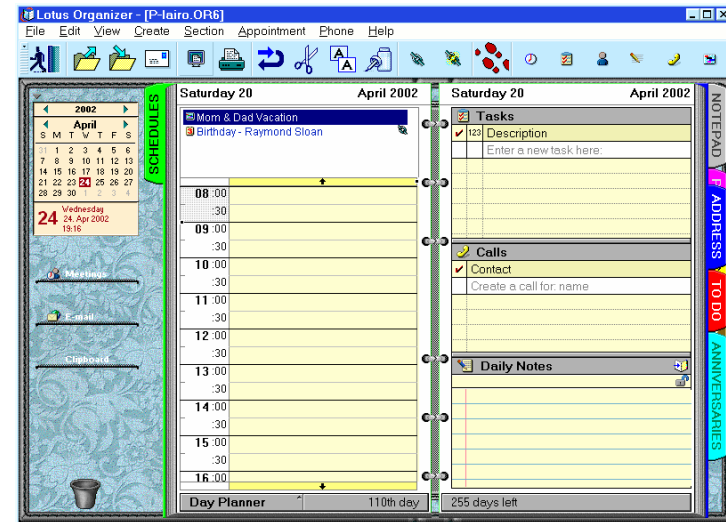
Identify, Clarify & Prioritize Your Values

Identify the Hats You Wear or the Roles You Play



*

Tools

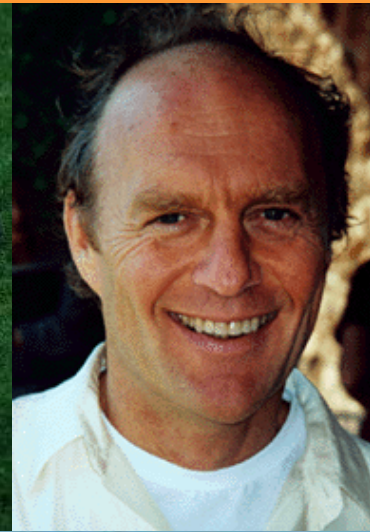


collect watch from repair shop



*

Modeling a Life of Wholeness & Giving it Away

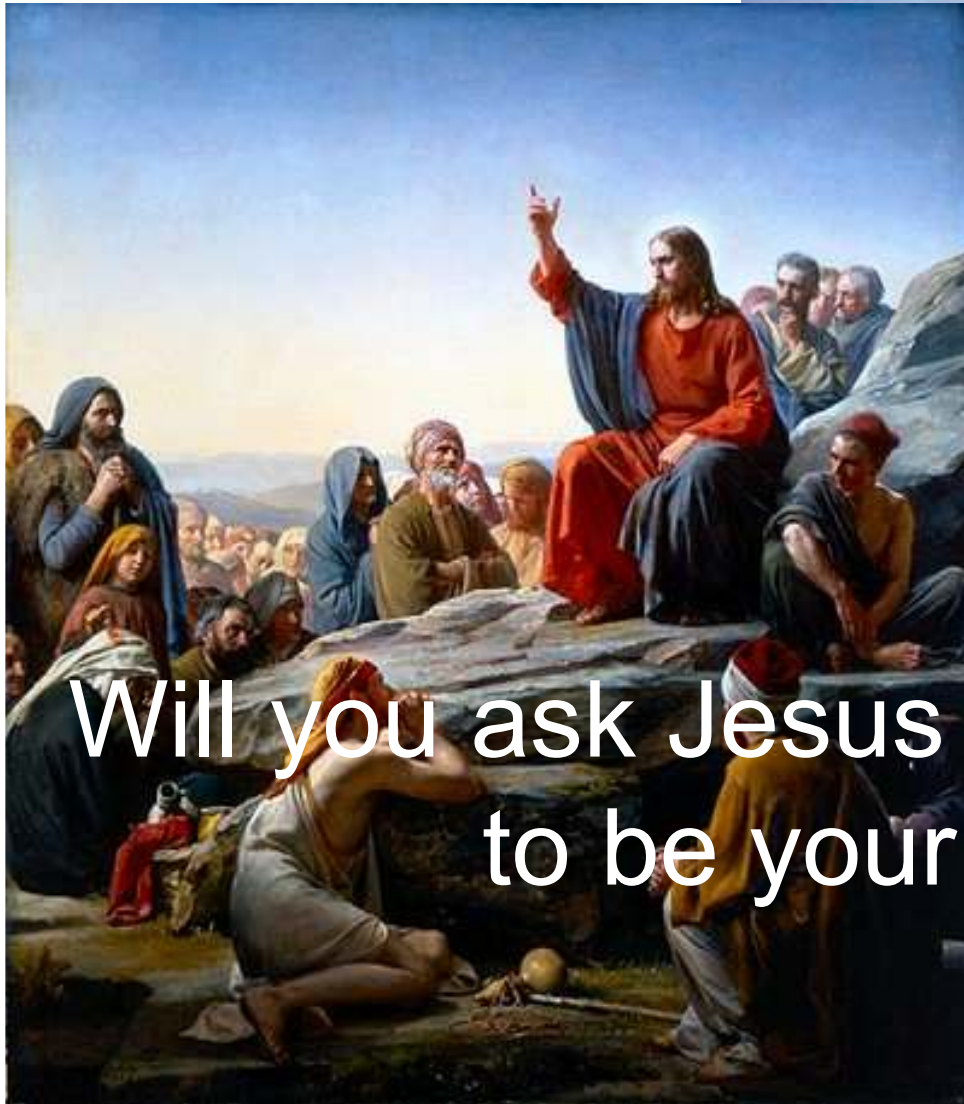


Life is All About Relationships

Loving →	God	Self	Others
Beliefs & Attitudes	X	X	X
Thoughts	X	X	X
Behaviors/Actions	X	X	X

*

What will your walk look like?



Will you ask Jesus to be your personal trainer?



With Jesus as Our Personal Trainer

In summary...

- We can become more whole
- We can have extra power to make and sustain changes in our lives to improve our health
- Improved health will better enable us to live our life purpose
- We can be a better role model for others
- God will be glorified

*

Our Weekend Objectives

I hope you've....

- Experienced some rich fellowship
- Learned some key principles to a life of health and wholeness that is balanced and integrated
- Become better equipped to live your life purpose
- Been challenged to model and implement what you've learned & experienced





Questions & Feedback



*



Quail Hollow Presbyterian Church Men's Retreat



April 11-13th, 2008

“If Jesus Was Your Personal Trainer”

Dale Fletcher, M.S.

www.faithandhealthconnection.org

704-542-3207

