

# God-Pick-Me-Up

Luke 12:22-31, Refresh Series #4 – Physical Refreshment  
October 4, 2009, Jeff Edwards, Northwest Community Church

“Refresh” Series - Sermons that will refresh your life right where you need it.

## Q/ **How do I stop being sick and tired?**

*Ge 18:4 Let a little water be brought, and then you may all wash your feet and rest under this tree. <sup>5</sup> Let me get you something to eat, so you can be **refreshed** and then go on your way—*

God-Pick-Me-Up:

### **1. God loves fixing “sick and tired”.** *Mk 2:10, Jas 5:14*

*Isa 40:31 ...those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.*

### **2. He knows exactly how I’m wired.**

*Ge 2:7 the LORD God formed the man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being. ... <sup>9</sup> And the LORD God made all kinds of trees ...that were pleasing to the eye and good for food. ...  
<sup>24</sup> ...a man will leave his father and mother and be united to his wife, and they will become one flesh. <sup>25</sup> The man and his wife were both naked, and they felt no shame.*

### **3. Health affects me through and through.**

*<sup>1Th 5:23</sup> May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. <sup>cf.</sup>  
<sup>Pr 14:30</sup>*

### **4. It really does matter what I do.**

*<sup>1Co 6:12</sup> “Everything is permissible for me”—but not everything is beneficial. “Everything is permissible for me”—but I will not be mastered by anything. <sup>13</sup> “Food for the stomach and the stomach for food”—but God will destroy them both. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.*

*“The Center for Disease Control estimates that more than 50 percent of all deaths are related to lifestyle choices” – Dr. Richard Swenson.*

### **5. The best thing for my bod is to give it to God.**

*<sup>Ro 6:13</sup> Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to him as instruments of righteousness. <sup>cf. 1Co 6:19, 1Co 7:4</sup>*

### **6. If I think worrying helps, that’s really odd.**

*<sup>Lk 12:22</sup> Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. <sup>23</sup> Life is more than food, and the body more than clothes.*

### **7. Our bodies will ache, break and then they’ll be great.** *Mt 26:26*

<sup>1Co 15:42</sup> ...The body that is sown is perishable, it is raised imperishable; <sup>43</sup> it is sown in dishonor, it is raised in glory; it is sown in weakness, it is raised in power;

**A/ Turn your bod to God to rejuvenate.**

<sup>Pr 3:7</sup> Do not be wise in your own eyes; fear the LORD and shun evil.

<sup>8</sup> This will bring health to your body and nourishment to your bones.

Lk 12:22 Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear.

Lk 12:23 Life is more than food, and the body more than clothes.

Lk 12:24 Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds!

Lk 12:25 Who of you by worrying can add a single hour to his life ?

Lk 12:26 Since you cannot do this very little thing, why do you worry about the rest?

Lk 12:27 "Consider how the lilies grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these.

Lk 12:28 If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you, O you of little faith!

Lk 12:29 And do not set your heart on what you will eat or drink; do not worry about it.

Lk 12:30 For the pagan world runs after all such things, and your Father knows that you need them.

Lk 12:31 But seek his kingdom, and these things will be given to you as well.