



Rock Point Church

Bill Bush | 2.8.26

**Big Idea: Physical health is about faithfulness, not fitness.**

### 1 Kings 19:3-8 (NLT)

<sup>3</sup> Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. <sup>4</sup> Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I have had enough, Lord,” he said. “Take my life, for I am no better than my ancestors who have already died.” <sup>5</sup> Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, “Get up and eat!” <sup>6</sup> He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again.

<sup>7</sup> Then the angel of the Lord came again and touched him and said, “Get up and eat some more, or the journey ahead will be too much for you.”

<sup>8</sup> So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God.

**Three ways we are unfaithful to our bodies:**

- 1. We NEGLECT our bodies.**
- 2. We REJECT our bodies.**
- 3. We PERFECT our bodies.**

### **Psalm 139:14 (NLT)**

<sup>14</sup> Thank you for making me so wonderfully complex!  
Your workmanship is marvelous—how well I know it.

### **1 Corinthians 6:20 (NLT)**

<sup>20</sup> for God bought you with a high price. So you must honor God with your body.

### **1 Corinthians 3:16 (NLT)**

<sup>16</sup> Don't you realize that all of you together are the temple of God and that the Spirit of God lives in you?

**What faithfulness looks like...**

- **Self-control**

### **Ephesians 5:18 (NLT)**

<sup>18</sup> Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit...

## **1 Corinthians 6:12-13 (NLT)**

<sup>12</sup> You say, “I am allowed to do anything”—but not everything is good for you. And even though “I am allowed to do anything,” I must not become a slave to anything. <sup>13</sup> You say, “Food was made for the stomach, and the stomach for food.” (This is true, though someday God will do away with both of them.) But you can’t say that our bodies were made for sexual immorality. They were made for the Lord, and the Lord cares about our bodies.

### **What faithfulness looks like...**

- Movement

## **1 Timothy 4:8 (NLT)**

<sup>8</sup> “Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”

### **What faithfulness looks like...**

- Rest

## **Psalm 127:2 (NLT)**

<sup>2</sup> It is useless for you to work so hard  
from early morning until late at night,  
anxiously working for food to eat;  
for God gives rest to his loved ones.

## What faithfulness looks like...

- Peace

### Proverbs 14:30 (NLT)

<sup>30</sup> A peaceful heart leads to a healthy body;  
jealousy is like cancer in the bones.

### 1 Kings 19:9-18 (NLT)

<sup>9</sup> There he came to a cave, where he spent the night.  
But the Lord said to him, “What are you doing here, Elijah?”

<sup>10</sup> Elijah replied, “I have zealously served the Lord God Almighty.  
But the people of Israel have broken their covenant with you, torn  
down your altars, and killed every one of your prophets. I am the  
only one left, and now they are trying to kill me, too.”

<sup>11</sup> “Go out and stand before me on the mountain,” the Lord told  
him. And as Elijah stood there, the Lord passed by, and a mighty  
windstorm hit the mountain. It was such a terrible blast that the  
rocks were torn loose, but the Lord was not in the wind. After the  
wind there was an earthquake, but the Lord was not in the  
earthquake. <sup>12</sup> And after the earthquake there was a fire, but the  
Lord was not in the fire. And after the fire there was the sound of a  
gentle whisper. <sup>13</sup> When Elijah heard it, he wrapped his face in his  
cloak and went out and stood at the entrance of the cave.

And a voice said, “What are you doing here, Elijah?”

<sup>14</sup> He replied again, “I have zealously served the Lord God  
Almighty. But the people of Israel have broken their covenant with  
you, torn down your altars, and killed every one of your prophets. I  
am the only one left, and now they are trying to kill me, too.”

<sup>15</sup> Then the Lord told him, “Go back the same way you came, and travel to the wilderness of Damascus. When you arrive there, anoint Hazael to be king of Aram. <sup>16</sup> Then anoint Jehu grandson of Nimshi to be king of Israel, and anoint Elisha son of Shaphat from the town of Abel-meholah to replace you as my prophet. <sup>17</sup> Anyone who escapes from Hazael will be killed by Jehu, and those who escape Jehu will be killed by Elisha! <sup>18</sup> Yet I will preserve 7,000 others in Israel who have never bowed down to Baal or kissed him!”

### GROUPS QUESTIONS:

1. What stood out to you most in this week’s message, and why?
2. Pastor Bill said physical health is about faithfulness, not fitness. Why do you think that distinction matters for how people approach their bodies?
3. Read 3 John 1:2. What does this verse suggest about the connection between spiritual health and physical well-being?
4. Read Psalm 139:14. How does viewing your body as God’s workmanship challenge shame, comparison, or neglect?
5. Pastor Bill said our bodies are not trophies to perfect or trash cans to fill, but temples to steward. How does that perspective reshape the everyday choices we make?
6. Read 1 Corinthians 6:19–20. What do you think it looks like to honor God with your body in our ordinary lives?
7. As you think about self-control, balance, movement, rest, and peace as practices of faithfulness, which of these feels most overlooked in your daily life, and what makes it hard to prioritize?

8. Read Proverbs 14:30. In what ways have you seen the condition of your heart, whether peaceful or troubled, impacts your physical well-being?
9. As you reflect on your current season, what is one simple, faithful step God may be inviting you to take with your body this week as an act of trust and worship?