

# Margins

## Lesson 4: Physical Energy

### I. Introduction

- A. "It is estimated that more than 50% of all deaths are related to lifestyle choices."  
We sleep too little, eat too much (of the wrong things) and hardly move at all.  
We desperately need "margins" for the sake of boosting our physical energy.
- B. What does the Bible have to say about our bodies?
  1. We are the residence for the Holy Spirit (I Cor. 6:19-20, 3:16-17)
  2. Christ is exalted in/through our bodies (Phil 1:20)
  3. Our bodies represent a living sacrifice to God (Rom. 12:1-2)
  4. Whatever we do physically, we do for God's glory (I Cor. 10:31)
  5. We need some exercise (I Tim. 4:8)
  6. We need to pay attention to good nutritional guidelines (I Tim. 5:23)

### II. We hardly move at all: The need for physical activity

- A. It is recommended that we have 150 minutes /week of moderate activity
- B. The benefits:
  - Improves physical wellness, prolongs optimal health, improves blood circulation
  - Keeps weight under control
  - Improves cholesterol levels
  - Prevents bone decay, boosts energy levels
  - Helps manage stress, improves self-image, and boosts mental wellness
  - Reduces risk of stroke, helps delay or prevent chronic illnesses
  - Is a natural mood lifter
- C. Helps you fall asleep and sleep more soundly.

### III. We sleep too little

#### A. Introductory thoughts:

1. What does the Bible say about sleep?  
We need more sleep (not less) (See Ps. 127:2)  
Sleep provides for peace (See Ps. 4:8)
2. We are sleeping less than 6 hours a night  
40 million suffer from 70 different sleep disorders  
60% adults report having sleep problems a few nights a week
3. Adults need to average 8 hours a night
4. Our need for sleep does not decline with age
5. Sleep actually has 5 continually shifting stages (based on types of brain waves that reflect lighter or deeper sleep). We need them all!

#### B. The benefits of good sleep:

1. Helps learning and memory. Your mind is busy when you are asleep. We practice skills learned while we were awake (called consolidation).
2. Helps metabolism and weight.
3. Promotes safety-we are not as likely to stumble or fall. There are less driving accidents.
4. Affects our mood, helps with impatience.
5. Promotes cardiovascular health.
6. Curbs inflammation.
7. Alters our immune system. It helps keep disease at bay. May help fight cancer.
8. We will live longer (One study: more deaths occurred in women who got less than 5 hours or more than 6.5 hours).
9. Spurs creativity, makes you a better athlete (In a Stanford Univ. study, college football players who tried to sleep at least 10 hours a night for 7-8 weeks improved their sprint time and had more stamina).
10. Improves grades (kids with sleep apnea, snoring other interrupted breathing had problems with attention and learning). Sleep deprived children can show symptoms like those of ADHD.

#### C. To combat common sleep problems:

1. We need to keep the same schedule (rising and bed time)
2. Avoid caffeine 4-6 hours before sleep

3. Avoid alcohol and heavy meals in the late evening
4. Get some exercise
5. Minimize noise or significant light in your bedroom
6. Monitor the temperature of the room (not too hot or cold)
7. Attempt to go to bed earlier every night for certain period. This will ensure that you are getting enough sleep.

#### **IV. We eat too much (and lots of the wrong things)**

##### A. Introductory thought about nutrition

In our culture, most everyone has a product or plan to enhance our nutritional health.

But, we all can agree that there are 7 essential nutrients we all need:

1. Carbs: we need energy for the brain
2. Protein: they are the major structural component of cells
3. Fat: 20-35% of daily diet should come from fats like fish, walnuts, and avocados
4. Vitamins: A, B1, 2, 3, 5, 6, 7, 9, 12, C, D, E, K,
5. Minerals: sodium helps to maintain fluid volume keep under 2400 milligrams per day. Calcium help to build strong bones and teeth need zinc, iron, magnesium, chloride, and potassium
6. Water: adults need 6-8 glasses a day
7. Fiber

##### B. Some signs of good nutrition (for adults and children)

Appropriate height/weight, strong bones, healthy skin, good vision, muscle development, strong teeth, shiny hair, healthy nails.

##### C. The benefits from good nutritional health:

1. Some protection against some kinds of cancers
2. May reduce the risk of heart disease, type 2 diabetes, obesity etc.

#### **V. Some practical suggestions:**

- A. Take personal responsibility for your physical health
- B. Change inappropriate habits. Surround yourself with people who will help
- C. Learn to value sleep
- D. Take a nap (Edison, Kennedy, Churchill all took naps)
- E. Eat to live, not live to eat. Avoid extremes.
- F. Choose exercise that works for you. If you hate it, you will not stick to it.

G. Set realistic goals for each of these areas.

Bottom line: "...now as always Christ will be exalted in my body...." (Phil. 1:20)