

# How to Biblically View and Care for our Physical Bodies

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**Host: David Wheaton** 00:08

How to Biblically View and Care for Our Physical Bodies. That is the topic we'll discuss today on The Christian Worldview Radio Program where the mission is to sharpen the biblical worldview of Christians and to proclaim the good news of Jesus Christ. I'm David Wheaton, the host. The Christian Worldview is a nonprofit listener supported radio ministry. Thank you for your prayer, notes of encouragement and financial support. Our website is [TheChristianWorldview.org](http://TheChristianWorldview.org). All our contact information and social media pages will be given throughout the program.

While there is great diversity in the world, whether religion or culture, socio economic groups, personal experience, family, background, education, and many more, there are some things we all have in common. One of them is a physical body. It's interesting to note that God spoke everything into existence, except for Adam, man, which God formed from the dust from the ground and breathed into his nostrils the breath of life, and man became a living being. That's from Genesis 2:7. God didn't have to create a physical body for Adam, but He did. And there's significance to that. We often focus on the immaterial part of life, our soul and spirit.

But let's consider that God designed a material physical body to embody the soul and spirit. So how should we view and care for the body God gives us? Should we see it as temporary, decaying, and therefore fairly unimportant? Thus, "Eat, drink and be sedentary for tomorrow we die?" Or should we view and care for the body as the temple of the Holy Spirit, as it says in 1 Corinthians 6?

What exactly does that mean, in practical ways with regard to eating and exercise and rest? Let's start with this. How we view and care for our physical bodies is important to God, and therefore should be to us as well. It says in Psalm 139 that God specifically created your body. *For You formed my inward parts; You wove me in my mother's womb. I will give thanks to You, for I am fearfully and wonderfully made; Wonderful are Your works, And my soul knows it very well.* Not only did God specifically create your body, but your body is your spiritual service of worship. There's the familiar passage in Romans chapter 12. *Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship.*

But not only that. For the Christian your body is the temple of the Holy Spirit. 1 Corinthians 6 starting in verse 15, *Do you not know that your bodies are members of Christ? Shall I then take away the members of Christ and make them members of a prostitute? May it never be! Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body. Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.*

There's a lot in that passage. When you become a believer in Jesus Christ, you become part of the universal body of Christ. That's all true Christians. You are also the temple of the Holy Spirit, the Holy Spirit comes to reside inside of your body. Gotquestions.org had an interesting thing to say about this doctrine of your body being the temple of the Holy Spirit. They said, If God meant simply to convey the idea that the Spirit lives within the believer, He could well have used words such as home or house or residence. But by choosing the word temple to describe the spirit's dwelling, He conveys the idea that our bodies are the shrine or the sacred place in which the Spirit not only lives, the Holy Spirit, but as worshipped, revered, and honored. Just consider Jesus Christ and His physical body. The Son of God came in a physical body, not as a spirit. He healed people's bodies all throughout his ministry. He offered his own body on the cross for our sin.

Even communion that we remember in church. 1 Corinthians 11. *For I received from the Lord that which I also delivered to you, that the Lord Jesus, and the night in which He was betrayed, took bread; and when He had given thanks, He broke it and said, "This is my body, which is for you; do this in remembrance of Me".*

Christ came with an actual body, and that body was crucified on the cross and His blood was shed to pay God's just penalty for the sins of all who would believe. More in scripture on the physical body. Paul writes in 1 Corinthians 9, *"Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win. Verse 27. but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified.*

So there's an element here that you have a body, it has sinful desires, it needs to be disciplined, it needs to be made our slave, and that we don't become a slave to the body. So what doesn't glorify God with our bodies as we read in these passages we've just gone over? Sexual immorality is an obvious one. Any thought or any action of sex outside of a marital relationship dishonors the temple of the Holy Spirit, your body. Drunkenness and drug use does not glorify God. Ephesians 5. *Do not*

*get drunk with wine, for that is dissipation, but be filled with the Holy Spirit.* Another one is cutting or marking the body. Leviticus chapter 19. *You shall not make any cuts in your body for the dead nor make any tattoo marks on yourselves; I am the Lord.* That's what God said to the Israelites in the Old Testament.

Another thing that doesn't glorify God with our bodies is gluttony. Proverbs 23 says, *Do not be with heavy drinkers of wine, or with gluttonous eaters of meat;* people who eat too much with no consideration for their body. One more way we don't glorify God with our bodies is when we choose to be sedentary rather than moving or doing some exercise. God designed our bodies to be able to move and that actually makes us healthier. So here are two sinful ditches with our physical bodies. The first is making the physical body to be of little priority. In other words, the body's perishing. It's non spiritual, like the Gnostics in the New Testament believed. Matter was evil, and the spirit is good, so we have very little bodily discipline. We eat too much, the wrong kinds of foods, too sedentary, not enough rest, we make excuses for our body and just overlook it. That's one sinful ditch.

On the other side is another sinful ditch where the body becomes of highest priority, where we focus on body image and we obsess over exercise and have a strict diet and what we wear for clothes is of big importance and makeup and supplements, always pursuing the fountain of youth, even surgeries, where we basically exalt or worship our bodies. That's a sinful ditch as well. Cultural pressure by the way, through media and marketing, and our flesh even, leads us into one of these sinful ditches. God's message is, I've wonderfully made your body, view it and care for it as the temple of the Holy Spirit that it is.

Our guest today on The Christian Worldview to help us understand how to biblically view and care for our physical bodies is Haley Erickson. She's a nutrition coach, personal trainer and speaker, and she has a very interesting story about how God brought her to understand better how to view and care for her body. Her story was recently featured on the 700 Club television program. Let's listen to a few minutes of excerpts from that to give you a better idea of who Haley is and how God brought her to Himself:

**Host of the 700 Club:** 09:44

Haley Erickson had long lived by the motto, Eat clean, train mean. Haley had never been happy with her body or her weight. Something she picked up from her mom.

**Haley Erickson:** 09:55

I saw my mom always dieting and talking about what her body looks like and needing to change her body. So I know as a young girl, really looking up to my mom, I thought that, "Well, I must need to look a certain way to also be loved and accepted by others."

**Host of the 700 Club:** 10:12

In high school, she started eating healthy, dieting, and exercising constantly.

**Haley Erickson:** 10:18

Although I tried to play it off as I'm just super healthy. I just love to exercise, and I love to eat healthy. In my heart I knew this is not healthy. This is an obsession, my life was totally revolved around food and exercise and what my body looked like. Every time I looked at myself in the mirror, there was always something that needed to be better, whether it was fixing my body or something about my face. It was never good enough.

**Host of the 700 Club:** 10:42

Then her sophomore year in college, Haley overheard some of her sorority sisters talking about going to the beach for spring break, and needing to lose weight. Now she took her obsession of nonstop weight training and counting calories to a new unhealthy level. This led to many physical and mental health issues.

**Haley Erickson:** 11:03

I was very, lonely and sad and felt very isolated and truly, the gym was my best friend, which is really sad to say, because I didn't have those solid relationships. But also physically, it really took a toll on my health. Although I kept pushing past the pain.

**Host of the 700 Club:** 11:23

Then during Christmas break of her junior year, Haley slipped on black ice and injured her leg. It wasn't broken, but doctors told her she couldn't exercise for weeks. The now 20 year old became desperate.

**Haley Erickson:** 11:36

I begged God to please show me the purpose of my life. Everything I was living for was gone. I didn't know why I was here, what the purpose of my life was. I honestly wasn't sure if I wanted to live anymore. That's how dark it was. It was everything I'd built my life on was gone.

**Host of the 700 Club:** 11:55

Weeks later, as soon as the pain subsided, Haley was back in the gym. This time she met then 85 year old Mary Jane. The two hit it off and Mary Jane invited Haley to her home the next day. When the conversation turned into families, Haley shared a picture of hers, explaining she grew up in a Christian home. She didn't know her new friend was also a follower of Jesus.

**Mary Jane Wheaton:** 12:21

I asked her, Are you a Christian? And then she cried. And I knew that something was missing. And I thought this is why she's here.

**Host of the 700 Club:** 12:30

Till then, Haley considered herself to be a Christian. Mary Jane explained God's plan of salvation through Christ.

**Mary Jane Wheaton:** 12:39

John 3:16. For God so loved the world, He gave His only begotten Son, that if you believe in Him you will not perish, but have everlasting life. And I put her name in it.

**Haley Erickson:** 12:49

For God so loved Haley, that He gave His one and only Son, that if Haley believes in Him, Haley shall not perish, but have eternal life.

**Host of the 700 Club:** 12:50

Haley accepted Christ into her life that day and began to grow in her faith.

**Haley Erickson:** 12:58

The Lord led me to really cling to truth instead of what I thought was my identity and what made me worthy.

**Host of the 700 Club:** 13:10

Now a nutrition coach, personal trainer and public speaker, Haley still likes to stay fit. But she says she now sees herself through God's eyes.

**Haley Erickson:** 13:21

The Lord really helped me renew my mind with seeing who He says I am instead of what this world or what I thought made me worthy, and just seeing the truth of my identity in Christ.

**Host: David Wheaton** 13:33

You will meet Haley Erickson next on The Christian Worldview. We'll go deeper into how God saved her using that elderly lady named Mary Jane. There's a surprise coming in case you haven't already figured it out. Haley, God's saving you was the turning point of your life and eternity. Specifically, that went down to how you view your body and how you should care for your body. They told some of the story in that television special, but give us a little deeper look into how you viewed and cared for your body before God saved you.

**Guest: Haley Erickson** 17:02

Before coming to faith in Christ, I was enslaved to food and exercise and what my body looked like. Very early on in life I started to find my identity in what my body looked like because of numerous factors, but a lot of comments made about my appearance and also just the world we live in that praises people for what we look like. So that naturally led to an eating disorder and exercise addiction in my college years. My life solely revolved around food and exercise and my body. Every day was filled with what I was going to eat, critiquing what I just eaten, which it was, of course never good enough, and thinking about what the next meal was that I was going to eat. I was obsessing about ingredient labels. I was avoiding social situations at all costs because of the fear of food in those interactions. I was racing to the gym to work off the food that I just eaten. So my life was truly food, exercise, and my body with also school added to that.

**Host: David Wheaton** 18:00

Talk about the influences going on in our culture today that could lead someone toward this sort of wrong view of what it means to be healthy.

**Guest: Haley Erickson** 18:09

I don't think it's necessarily something new. I think it's become even more prevalent with social media, broadcasting what everyone else's life looks like and how perfect everyone's life appears to be because we tend to post what is great about our life, not the hardships. And so I think that's definitely made this challenge even greater, because everyone can see what other people have and we want what we don't have. But I think even biblically we see that man looks at the outward appearance, but the Lord looks at our heart. I think this is something that really goes back to our sin nature and wanting to focus on anything that we can do to make us worthy instead of the only place

where our worth can come from, which is from God and God alone, from Him creating us and Him paying the greatest price to save us.

**Host: David Wheaton 18:55**

Haley Erickson is our guest today on The Christian Worldview. She's a nutrition coach, and personal trainer. Now, Hayley, in that television feature there was an older woman named Mary Jane. I might know her. Go more into that story, because that really is truly God's providence in the way you met at the gym. Tell us more about what happened there and how that led to God saving you.

**Guest: Haley Erickson 19:23**

It's such a beautiful story. I had reached rock bottom with my eating disorder and exercise addiction. As I was so enslaved to this I actually was going for a run and I slipped on black ice and severely injured my knee to the point where I could barely walk. I was absolutely devastated because everything that I had built my life on was gone. So the following month after that I wasn't able to work out and I was in such a dark place that I finally reached rock bottom. I remember being in bed one night and I desperately cried out to God, and I begged him to please show me the purpose of my life because I knew there had to be more than what I was living for.

Finally, about a week after praying that prayer, I was able to walk, so I went back to the gym because I couldn't handle being away any longer. That day at the gym, your sweet mom, Mary Jane, approached me. If you knew me back during this time, I was like the most unapproachable person at the gym. I have my hat on my headphones in, I mean business when I'm at the gym. Mary Jane is probably the only person that God could have used to get a hold of my attention that day. She tapped me on the shoulder and asked me if I would be her trainer and I told her I wasn't certified at the time, but it turned into us talking for about an hour at the gym and exchanging numbers. I asked her if I could come over to her house the next day, because I was home over winter break from college.

I went over to her house the next day, and I brought with me a family Christmas card to tell her more about my family. As I was showing her this picture of my family, I told her that I was raised in a loving Christian home, because I think we got on the topic of talking about faith, and she simply asked the question back to me and said, Oh, so you're Christian? Right then and there, I heard the Holy Spirit's very clear conviction say, You poser. Almost as if I heard an audible voice. I immediately broke down bawling because I was convicted in that moment of my sin of disbelief. Here I was claiming to be a follower of Christ because of my religious activities, because I had gone to church and I went to

Christian camp in my youth years, but I knew in that moment that I did not know Jesus, that I was a sinner in desperate need of my savior.

I was convicted of that sin of disbelief. Mary Jane, as we all know, is a very strong follower of Christ. She knew that I had just had some powerful encounter with God, and she knew that that is exactly why God brought us together in the one place where I was running from God, which was the gym. That is where He chased me down to save me by sending Mary Jane and I just think that is so powerful. So she asked me if I would like to receive God's free gift of salvation. She sat down with me and shared the greatest gift that I could ever receive, which is the gospel of Jesus Christ. She walked me through probably about an hour long gospel presentation, helping me understand what Christ had done to save me.

**Host: David Wheaton** 22:32

Well, it's an amazing story of God's providence, and how He was drawing you to Himself and how that would take place through meeting my mom, who I believe was in her 80s at the time at that gym. Explain, Haley, what my mom told you about the gospel at her dining room table that day.

**Guest: Haley Erickson** 22:52

What she explained to me is that God is such a loving relational God who longs to be in relationship with us. But the problem is, we are sinners, and that our sin has separated us from God. We see in Romans 3:23, that we have all sinned and fallen short of the glory of God. We've all inherited that sin nature that was a result of the fall in the Garden of Eden with Adam. We also have all confirmed that sin through our thoughts and words and actions. The problem with sin is that our sin must be punished. It cannot be found in God's presence, because God is absolutely holy, He is perfect, and He is just.

We see in Romans 6:23 that the punishment for our sins is death, which is a spiritual death, it's separation from God. We all come into this world separated from God. If we continue in this state, it's going to lead to eternal death, eternity apart from God, and what the Bible calls as the Lake of Fire, which is hell, it's a place of eternal torment. That is the bad news that what we deserve is wrath and eternal separation from God, and if we don't understand that, then we won't see our desperate need for the good news of what Christ came to save us from.

We see that the story doesn't end there. We see God's amazing grace and mercy and love when He sent His Son, Jesus Christ who stepped down from His throne, took on human flesh and blood,



becoming like us. He was born of a virgin birth, though, and He was conceived of the spirit bypassing that sin nature that we've inherited, and so He is the perfect sinless Son of God, and He lived the perfect life that we never could. He went to the cross to take our sins and the punishment that we deserved, and three days later, He rose victoriously, showing that He conquered sin and death, so that all of us who trust in Him can be forgiven of all of our sins, and we can be brought into a right relationship with God and have eternal life with Him. That is the good news. This is all a free gift that we can either accept by faith or we can reject and face the just judgment for our sins.

**Host: David Wheaton** 24:58

Wow! That is a beautiful description of the biblical gospel, Haley, and what a miracle that God brought you to saving faith at a low moment after praying to Him and using my little mother to meet in a gym. Such an inspiring story of God's goodness and grace. Thank you so much for sharing that. I'm going to check with my mom in a couple of weeks, we're going to be having her on the program in her annual Mother's Day interview, so I'm going to ask for her side of the story in that conversation coming up, but I have a feeling it's going to match up exactly with what you just said.

In your mission of what you do now, Haley, to help people with nutrition and training and you do speaking and so forth, you use the passage from Romans 12:1. The mission is to help those you work with steward their bodies for God's glory. But it took you some time after God saved you to understand just what that looked like. Let's go to the after picture now and what the transformation as your mind was renewed, as it says in Romans 12:1-2, What was that transformation like to getting a biblical view of the body and how you care for it?

**Guest: Haley Erickson** 26:36

To be completely honest, for the first three years of my walk with Christ, I continued to cling to my idols of food and exercise and chasing after this perfect body. Essentially, I was keeping God in a box. I said, "God, you can have everything in my life, but not these. These are mine to control." I would say I was gradually progressing in my faith. I hadn't really read the Word of God yet, I was doing daily devotionals, praying occasionally, and listening to sermons, and did notice that the Holy Spirit was changing the desires in my heart.

But finally, my health reached rock bottom about three years into my walk with the Lord, yet again. God really got a hold of my heart through some health challenges. I felt the Lord so clearly impressing on my heart to surrender these idols to Him. That He had so much more on the other side of my surrender than what I thought would satisfy me. I was in such a desperate place that I

finally decided to surrender these idols to God, and I gave up controlling, restricting food, and dieting forever. I said "Lord, I want nothing to do with this, I give this all to You." I also decided to fast from the gym. It was about one to two months of fasting from the gym, which for me, the combination of those two was absolutely terrifying. Instead of going to the gym during that time, which obviously we know, exercising is good, but for me, what I needed to do was to step away from the gym for that period of time. Instead of going to the gym, I spent every morning and night outside of work, reading God's Word for the first time. I was truly immersing myself in the Word of God.

The Holy Spirit did so much sanctifying work in my life and showed me the power of the Word of God and the Spirit of God changing me and making me look more like Christ. I would say some of the biggest things that I noticed during that time with the changes in my life was the Lord really showing me who He says I am. Helping me understand how the gospel changes who I am. My identity in Christ. Also helping you understand that my behavior flows out of that identity, because we act in ways that confirm what we believe to be true.

**Host: David Wheaton 28:48**

Our identity is so critical to see ourselves as God sees us. That transformation takes place through the renewing of our mind as we're in the Word of God on a regular basis. Walk us through what that looks like to have scripture, transform your identity.

**Guest: Haley Erickson 29:08**

What the Lord was leading me to do through this healing journey was surrounding myself with truth. Outside of just reading the Bible, I would be posting truth all around me. I would write, You're fearfully and wonderfully made, or I'd write, You're a child of God. All these different scriptural truths on my mirror, and I would start declaring that over myself instead of what I thought made me worthy. To this day, I still do that. I can't get enough of God's word. Anyone that knows me, I have sticky notes all over my desk at work with different scripture that I want to memorize. I post it on my bathroom mirror still to this day, I have it on the background of my phone, because that is how God changes us by the renewing of our minds.

Another thing that's been really huge that's shaped the way that I view my body and also how I care for my body, is God helping me understand what this body is a temple of the Holy Spirit. When we look at the Temple in the Bible we see that a temple is God's dwelling place. So what God's showing us is that His Spirit dwells inside of us, the Holy Spirit is within us, this is God's dwelling place. But

also, a temple is completely holy. It's completely set apart unto God. Set apart from sin and belonging to God. We see that this is God's holy dwelling place, meaning it belongs to Him. It's completely set apart unto Him, for His kingdom to be done. And it's also a place of worshiping God.

That means that everything we do out of this body is to be done as an act of worship to God. We see that whether you eat or drink or whatever you do, do it all to the glory of God. What we see in Romans 12:1 is that we are to *offer ourselves, our bodies as a living sacrifice holy and pleasing to God*. That is the only true and proper worship that we can offer to God in response to Christ and His finished work as payment for our sins.

**Host: David Wheaton 33:42**

As we transition from hearing about how God saved and is sanctifying Haley, we'll get into now the care for our physical bodies. And as we do, we have to realize that everyone has different body characteristics, health issues, exercise capabilities. So we're not going to give specific diet and exercise advice aside from the impetus to just look into it for yourselves. To eat better kinds of food, to move as you are able, and to steward the body God has given you for His glory, and so you can be of good use to Him. Seems to me, Haley, there's two extremes. You can obsess over your body where it's just your top priority in life. It's all about how you look and what you eat, how you exercise and everything else. You were on that side of the ledger before coming to saving faith.

Then the other side is, I think, equally sinful,. Where we put really not very much attention to the temple of the Holy Spirit, as you just talked about. We neglect our bodies. We don't think it's important, whether we're gluttonous, maybe in the way we eat, and maybe we don't want to move and just get movement and exercise and things that are good for the body God gave us.

Let's talk about some of the things that you work with people on and that you've learned in your own life, about how to properly have the right perspective on our bodies, and how to actually take steps to start caring for our body in the right way. But before we get to those steps, How does someone get to the place mentally and spiritually where they recognize they have a wrong view and care of their own body? Whether obsessing over it or neglecting it. How do they recognize that, and then have the strength or the volition to actually change the way they think and what they do?

**Guest: Haley Erickson 36:31**

First off, how we recognize that we have a wrong view of our body is when we're seeing this body as our own. Right? So you see that with both of those extremes that you just shared. One extreme is

seeing that it doesn't matter what I do with this body, because you know, we don't care to move our bodies, we don't care to eat well. We think maybe it's my body, I can do whatever I want with it.

Then we also see the other extreme where we think that our bodies are what makes us worthy, so we obsess about food and exercise and what we look like. Regardless of which side we fall towards, we know both of those are sinful. They're both sinful because they're both focusing on ourselves and serving ourselves and what it will bring us instead of focusing on serving and glorifying God with these bodies, and seeing that they belong to Him and to be used for His glory.

If we're having the wrong view of our body, we're putting ourselves on the throne, then we're going to care for our bodies in a way that is not glorifying to God. I think in order to care for our bodies in a way that's glorifying to God, it starts with first seeing that God, You created this body, You paid to save this body, this body belongs to You, this is your temple, and you paid the greatest price for this body. It's an understanding of the gospel message and letting the gospel really shape how we live this life that will influence that worship and that desire to honor and glorify God with everything that we do and letting God be on the throne of our hearts.

**Host: David Wheaton** 37:50

Okay, Hayley, that's how we have a God centered view of our bodies, but how do we get off the couch, so to speak, and actually start caring for our bodies in ways that are honoring to God?

**Guest: Haley Erickson** 37:55

One of the biggest things we need to see is that these are sin struggles. I think a lot of times we think of food and exercise and some of these areas, as not really like spiritual problems. We just think, oh, I'll go on a diet, or I need to work out harder. We're relying on human solutions to what is a sin struggle and needs a spiritual solution. First and foremost, we know that only Jesus can set us free from the power of sin and the penalty of our sin. We need to be born again. We need to be born of the Spirit and have that true relationship with Christ.

Like other sin struggles in our relationship with the Lord, this is something that we need God to sanctify us in through our walk with Him. After we've trusted in Christ for our salvation, we need the Holy Spirit to work in our lives, and to conform us more and more into the image of Christ as we read God's Word and live in obedience to His Word. That is why I do biblical counseling with my nutrition coaching, because only God can change the desires of our heart. He's the one that gives us the desire and the power to do what pleases Him, as we see in Philippians.

**Host: David Wheaton** 39:13

Very well said. I can see how that is the starting point. Realizing who our bodies belong to, and seeing it as a spiritual issue, and what you believe, what your identity is spiritually is going to then lead to the way you live your life. It's almost like think biblically, live accordingly. If you're thinking biblically about your body, then you're going to, through the power of the Holy Spirit, of course, want to live accordingly.

I'm going to touch on two of the obvious things with regard to, let's say, eating and exercise. Let's start with the eating aspect of it. There's a lot to say here. You've produced a lot of content on this. Give us some simple things that you like to keep in mind and encourage Christians to think about when they approach eating. You talk about prayer. It's not just praying for your food, but you pray going into the eating and having a certain perspective on it. Tell us more about that.

**Guest: Haley Erickson** 40:30

I think prayer is so important, because that's how we depend on God. That's how we rest in His strength to do what we cannot do in our own strength. When I was going through this journey, and I was starting to read God's Word, I was going to passages trying to see every time Jesus ate in the Bible, and trying to learn from my Lord and Savior to see, What does it look like to glorify God in my eating? What I noticed is that every time Jesus ate in the Bible, he gave thanks to the Father for his food. He is modeling to us perfectly what it looks like to glorify God in our eating.

I've struggled with everything under the sun in terms of different health challenges or overeating, emotional eating, restrictive eating. Because of Christ's finished work, we can go to God boldly, with confidence, approaching His throne unto grace, to receive mercy and to find grace to help us in our time of need. He wants us to come to Him with every struggle that we might have, whether it is something like overeating, or for me, it was a lot of fear around food because of the fear of weight gain, and the fear of not being loved if I didn't look a certain way.

So it was really casting those fears and cares onto Him. Food is not just sustenance that God has given us to sustain our bodies physically, but food is also something that God has given us that's absolutely delicious. Just as we can't live physically without food, we can't live spiritually without Christ, who is the Bread of Life, and He came to give us life. Just as much as food is delicious, the greatest pleasure, the greatest treasure that we could ever have is found in our abiding relationship in Jesus Christ. For me, reminding myself of that, before I eat, is so powerful, because that helps me

want to enjoy food the way God designed it. He designed it to be for fuel, and for us to be satisfied from it. He did not intend for us to eat beyond that, where I'm eating until I'm uncomfortably full, or I'm turning to food for emotional reasons, because then I'm really believing a lie and being deceived to think that food can fulfill something that I know only Jesus can satisfy.

**Host: David Wheaton** 42:29

I often thought just a little different angle off this. Why did God design us to have to eat every single day? Typically two or three meals a day. Why didn't He design us to eat once a week, or once a year, or something? I think there's a spiritual parallel there as well, such that eating physical food nourishes us physically, we also need the spiritual food of the Word on a regular basis. As we eat physically on a regular basis, I think we need to take in the Word of God spiritually on a very regular basis to have spiritual nourishment as well. I don't know if there's chapter and verse on that, but that's something I've often thought about. The frequency of the way we eat is that there's a spiritual lesson in there.

The way modern food is with the amount of genetically modified foods and the bad additives and the sugars and all the different things,. You go into a store now and look at everything there. I've had to be, with our family history, with the heart disease with my dad and so forth, I have to be much more cognizant of that. You realize how food has really changed. I'd like to get more into that, but we don't have time to do that today.

Let's do one more main pillar of caring for our bodies. This is movement or exercise. Our society has become incredibly more sedentary as we've become more industrious with computers and machines and so forth. We're not as active as we once were. Talk, Haley, about why movement, exercise, and it's not the same for everyone, riding a bike 100 miles in a day or something like that, but why generally speaking, movement is so important in the care of the bodies God has given us.

**Guest: Haley Erickson** 44:17

We know exercise is so good for our health for so many reasons. It helps us have more energy. It gives us those endorphins so we tend to be in a better mood. We have a stronger, healthier immune system, obviously assuming that we're not over exercising because that can actually suppress your immune system. But it also helps with our sleep. For many of us, we tend to want to eat healthier as well. When you start doing one aspect of caring for your health better, you start to want to care for your body in other ways better as well, too.

**Host: David Wheaton** 44:46

That makes perfect sense. In closing, I've introduced you as a nutrition coach, personal trainer and speaker. Give us an idea of some of the things you do around your business that you call, Holistically Hailey.

**Guest: Haley Erickson** 45:02

I do my nutrition coaching with biblical counseling as well as personal training and public speaking. With the nutrition side of my business, I recently launched a Bible Study Course, which is an online course. It's a 12 week course called, *Fuel Your Purpose*. That is a Christ centered approach to helping people overcome their food, exercise, and body image challenges so that they can fulfill their God given purpose. I do one on one, small group, corporate training, as well as I do my Fit for Christ program, which I've done for the past two summers with Heritage Christian Academy. That includes strength and conditioning. I also included 30 minutes of teaching with the nutrition and biblical teachings, as well as prayer and fellowship. Then lastly, I do public speaking as well in schools, and I'm hoping to get into more colleges this coming year as well.

**Host: David Wheaton** 45:53

Sounds like you're very busy on a very important topic that is pretty neglected, within the body of Christ. We have Hailey's links to what she does. Her direct website is [holisticallyhayley.com](http://holisticallyhayley.com). Or go to our website, [TheChristianWorldview.org](http://TheChristianWorldview.org). We have all the links to what she does there.

Haley, we're very much looking forward to having you come to the Overcomer Course for young adults this summer for that evening session to talk about nutrition and food and other ways we can care for the bodies God's given us. Thank you for coming on the program. All of God's best and grace to you.

**Guest: Haley Erickson** 45:55

Thank you so much, David. Thanks for having me today.

**Host: David Wheaton** 45:56

In talking about how to view and care for the body, the physical body that God has given us as Christians. The main points to summarize those, the passage of scripture, and we read many at the beginning of the program, but one key one is right there in Romans chapter 12:1 where Paul writes, *Therefore, I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship.*

God gives us a body, and a Christian should view and care for their body as scripture says in 1 Corinthians 6, As a temple of the Holy Spirit. This is where the Holy Spirit resides, in order to, as our spiritual service of worship.

We decided to do this topic because it's an important topic. Because of the the two sinful extremes that Christians tend to land in with their physical body. On one side, they either neglect it and there's no disciplining of the body, so there's poor nutrition going into it. They're not moving, exercising the body, it gets out of shape, there's little thought for the body as the temple of the Holy Spirit. On the other hand, there can be an obsessiveness over the body. Especially for the younger generation during that time of life, where there's a lot of pressure on them to view and care for their body in very worldly and self glorifying ways.

To simplify. Think of four categories to consider when caring for your body.

1.) Nutrition. What you put in your body. Eating good healthy food, rather than all the processed sugary foods and drinks.

2.) Exercise. How you move and use your body. Sedentary, when you could be doing some movement, leads to problems.

3) Rest. Proper sleep and recovery time is very important.

4.) Spiritual. Being right with God. Having sin confessed, seeking to honor God, and loving others. Of course that doesn't guarantee you'll have good health for your body, but the opposite. Spiritual problems on the inside, like sin, guilt, conflict, anxiety, and stress can cause physical problems in our bodies, because the immaterial dwells inside of our material bodies.

Thank you for joining us today on The Christian Worldview Radio Program. Let's anchor ourselves in what Scripture says. Jesus Christ is the same yesterday, and today and forever. So until next time, Think biblically, live accordingly, and stand firm! The mission of The Christian Worldview is to sharpen the biblical worldview of Christians and to proclaim the good news of Jesus Christ. We hope today's broadcast encouraged you toward that end. To hear a replay of today's program, order a transcript or find out, "What must I do to be saved?" Go to [TheChristianWorldview.org](http://TheChristianWorldview.org) or call toll free 1-888-646-2233. The Christian Worldview is a listener supported nonprofit radio ministry furnished by the Overcomer Foundation. To make a donation, become a Christian Worldview Partner, order



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### **Upcoming TCW Event: Overcomer Course**

David Wheaton here, host of The Christian Worldview to tell you about the Overcome Course for young adults being held June 21st and 22nd at beautiful Stone House Farm in Jordan, Minnesota. Ages 18-25 is a highly transitional time. The conditions developed and the decisions made during this crucial stage sets ones course for years to come.

Now the main sessions of the course are specifically designed to help young adults gain clarity and conviction on who God is, what His plan is and their purpose in it. So we have four sessions the first day, and then four sessions the second day. So health and fitness is not the theme or the focus of the conference. That's going to be a Q & A the first night. The sessions have to do with really the big issues of life.

- 1) Mission and Identity and Purpose and how we understand that, when we believe in the gospel.
- 2) What is Your Foundation for Right Thinking and Living? It starts right back at the beginning of the Bible, that God exists and speaks and how that changes everything.
- 3) Being Focused on the Fundamentals. That understanding God's arc of history provides the framework for understanding the world we live in. That's really about worldview.
- 4) How Do You Grow as a Christian? And how do you disciple or share it with someone else?
- 5) The fifth session, the second day, is about some big issues of life, like trusting God's design and gender, sexuality, singleness, and marriage. That's a huge topic that young adults should really be understanding and living out.
- 6) Embracing God's Design for Vocation or Work. The way we spend our time and how we use our money. That's a big issue.

7) Engaging God's Design in the Local Church. And there's no such thing as a Christian who shouldn't be part of a local fellowship of believers and how God designed that for the believer.

8) The final session, session eight is, How to Overcome the World. We have so much opposition. How do you overcome temptation?

So these are the eight sessions. This is not going to be a camp so to speak where you go and have burlap sack races and water balloon fights. This is going to be a substantive time over two days. I encourage you to spread the word, share the link from our website, we have a whole page on our website, [TheChristianWorldview.org](http://TheChristianWorldview.org), where you can find out more about us. Or give us a call 1-888-646-2233. The Overcomer Course is already 60% full and it's pretty evenly divided between men and women. We're talking young adults 18 to 25, 26, 27. In that age range during that highly transitional time of life.

By the way, you can come from out of state and we'd encourage you to do so. This is a beautiful time of year in Minnesota. There's lots to do in the area. Hope you consider that and spread the word about the Overcomer Course June 21 and 22nd.

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### **NEW Featured Resource:**

Christians with discernment know that the US public education system is humanistic to the core. That is because subversives have successfully removed from government schools, the most important subject to understand truth and reality. God. While Americans were once educated at home or privately in an explicitly Christian way, today, government schools are radically anti Christian propagandizing children with evolution, graphic sexual content, gender confusion, and globalism.

Alex Newman's book, *Indoctrinating Our Children To Death* is our new featured resource. It is softcover, 276 pages and retails for \$17.99. You can order the book for a donation of any amount to The Christian Worldview. Go to [TheChristianWorldview.org](http://TheChristianWorldview.org), call toll free 1-888-646-2233, or write to Box 401 Excelsior, Minnesota 55331