

Introduction:

1. America's 10 Deadliest Diseases
2. These diseases are food, stress, and inactivity related
3. Medical references

A. Medical Information on how to live long, healthy and strong

1. HPD: Healthy Proportionate Diet
 - a. The Mediterranean Diet Pyramid
 - b. The Ten Commandments of the Mediterranean Diet
2. RCE: Regular cardio Exercise
3. RRE: Regular resistance Exercise
 - a. RRE is needed to overcome sarcopenia.
 - b. Illustrations: Fred Winter and the Tiglao Family

B. Biblical Wisdom on how to live long, healthy and strong

1. God's conditional promise to His OT people (Exodus 15:25-26).
2. Moses' example (Psalm 90:10-12; 91:1-2, 14-16; Deut. 34:1a, 5-7).
3. Practical biblical wisdom: Self-Management (Phil. 4:4-9).
4. The NT practice of praying for the sick (James 5:14-16).

Conclusion:

1. How are America's 10 Deadliest Diseases related to food, stress and inactivity or lack of physical movements?
2. How is your diet compared to the Mediterranean Diet inserted in the bulletin?
3. How much regular cardio exercise do you do a week?
4. What regular resistance exercise do you do to strengthen your bones and muscles to overcome bone and muscle loss, called sarcopenia?
5. How will you apply Exodus 15:25-26 to yourself?
6. What wisdom have you learned from Moses' example (Psalm 90:10-12; 91:1-2, 14-16; Deut. 34:1a, 5-7) ?
7. Discuss the wisdom of Self-Management in Philippians 4:4-9 under pastor's corner.
8. What is the key to praying for the sick church people in James 5:14-16?

PRAY