

FAITH LUTHERAN CHURCH
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VALPARAISO, IN 46383

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WWW.FAITHVALPO.ORG

*Embraced by God through Jesus Christ our Lord, we share this gospel of hope and healing
within and throughout our community*

Faith and Physical Health

Physical health has certainly become a topic of discussion these days. Covid-19, health care, diet and exercise, you don't have to flip many channels on TV before you hear someone talking about such things. Hopefully, we are all spending at least some of our time flipping channels while we are on the exercise machine, or after some other form of exercise, like an evening walk. Make no mistake, diet and exercise certainly can make a difference in how we are able to handle stress and the things that come at us each day. However, what does the Bible have to say about physical health?

The following excerpt from an article entitled, *Should a Christian Exercise? What Does the Bible Say About Health?*, does a good job of looking at this very topic. (*I have also added a few additional notes to the text in parenthesis that came to mind as I read it*):

"1st Corinthians 6:19-20 says, 'Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.' 1st Timothy 4:7b-8 says, 'Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.' These two verses are a beautiful illustration of the Bible's balanced view regarding health.

Our bodies are of value to God. He cares not only about our souls, but also about our bodies. When God created man, He made him a physical being. He also gave man food and labor (*stewardship over creation and one might argue care for his own body*) (Genesis 1:28-31). Psalm 139:13-14 talks about God knitting us together in our mother's womb. Jesus told His followers that God knew about their physical needs and would provide for them (Matthew 6:32). Jesus Himself provided food for people (Luke 9:10-17; Mark 8:1-8; John 2:6-11) and physical healing (Matthew 4:23; Acts 10:38). The fact that Jesus came to Earth in bodily form further demonstrates God's regard for our physical beings (*and the desire/need for humanity to be redeemed in our entirety. After all sin brought about both spiritual and physical suffering/death*). Paul tells believers bluntly that their bodies are from God; therefore, believers should honor God with their bodies. We are called to steward our bodies as temples of the Holy Spirit. If we do not care for our health, we are neglecting God's temple. (*It is not surprising then that God spends a fair amount of time in both the old and new testament outlining physical things we should and should not do, which interestingly enough have an effect on both our physical health and our relationship with God. Just take a look at God's law, the story of Daniel, and many writings of Paul*).

On the other hand, God is not concerned with our physical appearance or our health in the way that our society often is. 1st Samuel 16:7 says, "The LORD sees not as man sees: man looks on the outward appearance, but the LORD looks on the heart." God is more concerned with our spiritual well-being and the condition of our spiritual hearts than He is with our physical well-being. This is why Paul told Timothy that physical training has some value, but that training for godliness has greater value (1 Timothy 4:8). Paul does not disregard Timothy's health. In fact, Paul offered Timothy a medical suggestion (1 Timothy 5:23). Timothy's physical health mattered to Paul, but it was not his utmost priority.

We also know that God has given us minds to use. He is not opposed to medical advances or scientific studies (*in as much as they are in keeping with His Word and respect all of human life*). God made us to desire knowledge. Part of being a good steward of the bodies and gifts God has given us is intentionally learning how to best use them. This does not mean that we should follow every health fad or even spend massive amounts of time looking into health suggestions. (*There is also definitely a line between seeking to be healthy in a way that glorifies God vs. putting our own health above God or the good of others*) However, we are wise to be aware of scientific findings and to approach our health with knowledge.

A balanced approach to exercise and health, then, is what the Christian should pursue. We should exercise (*and engage in other Godly health practices*)— it is good for our bodies as well as for our moods. We should take care of our health. However, in these pursuits we must not lose sight of God. The reason we care for our bodies is not to prolong our own lives or gain popularity; it is because we value and desire to steward God's gift to us."¹

Now I am going to be honest here. You may have heard that phrase, "Physician heal thy self." The truth is like many of you, I often struggle to follow doctor's orders, the Bible's direction, and even common sense when it comes to good physical health practices. Still, with the Great Physician's help, I believe we can all glorify Him in our bodies and our efforts. I was once told it is important to be gentle with one's self and remember there is a reason the words "health practice." This is an ongoing effort that involves long term humility and growth with God's help.

In that light and as part of our current focus on health, I encourage each of us to take some time to reflect and pray to God about our current health. Give thanks for where your health is good or has improved. Then identify one specific thing you are going to work on practicing. While this may not result in perfect health, it will be one more step toward seeking to glorify God and being a good steward of the amazing gifts that he has given you.

In Christ,

Pastor Eric Schoeck

Used with permission from <https://www.compellingtruth.org/Bible-exercise-health.html>



GREAT CYCLE CHALLENGE

 **RIDING TO FIGHT KIDS' CANCER** 

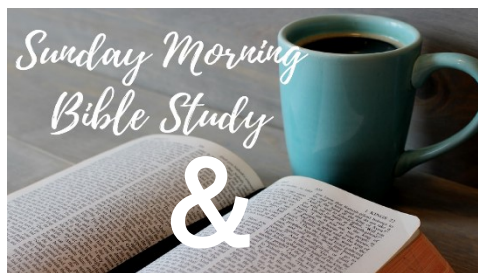
Cancer is the biggest killer of kids from disease in the USA, 38 children die every week. As we begin to look at the subject of health this year, Pastor Schoech will be joining other in the great cycle challenge helping raise money for research and families battle childhood cancer and promoting physical health in himself and others. **DONATIONS ARE BEING COLLECTED DURING SEPTEMBER**, to donate contact Pastor Schoech, or go to <https://greatcyclechallenge.com/Riders/ericschoech> We also have a Faith on Wheels team page promoting future healthy events at Faith Lutheran Church!



Know someone who needs care?

Caring for others may look different these days, but it certainly hasn't stopped nor has the need.

- If you know someone in need of pastoral care, including yourself, let pastor know.
- Continue to contact the prayer chain and ask for prayers from the church prayer team.
- Get creative....
 1. Look for ways to help neighbors
 2. Support families dealing with school challenges
 3. Get a few people to sing outside a shut-in's window or
 4. Visit them from a distance on a front or back porch while the weather is good.



Tired... Need Some Peace and Rest... Curious What It Really Means To Observe The Sabbath?

This September our Sunday Bible class and some of our small groups will be looking at the subject of Sabbath and healthy and faithful rest. There's a lot more to it than you think! Participation can take place in person or through a method like Zoom. There is no book to read in advance. Just a short starter video and some material for discussion as we encourage one another to:



Run Hard.  Rest Well.

If you are looking to join a small group or if you would prefer to participate with us for Sunday Bible Study online via Zoom email Pastor at pastors@faithmemorial.net or call the church office.

THOUGHTS FROM THE DEACONESS

*"We are a Letter of Christ."
2 Corinthians 3:3*

In the ancient world of St. Paul's life, there was a custom of letters of commendation. If I was going to a new community and needed a safe place to stay, a friend of mine who knew someone in that community would give me a letter of commendation to introduce myself and to vouch for my character. A letter like that is in the biblical book of Romans, chapter 16. Phoebe (a deacon – today would be known as a deaconess), a member of the church at Cenchrea, is given such a letter by Paul. She is going to the church at Rome and needs a letter of commendation. Today, we would call those letters of reference or recommendation.

Paul doesn't give us such letters. Instead, we are the letters. Through Paul, Jesus had written his message on the Corinthians. The message of the Gospel was not written with ink that fades away, or on stone or parchment that can be destroyed. Jesus wrote on the hearts of the Corinthians and on our hearts with his own blood.

William Barclay, Scottish Pastor and scholar, shares this far better than I ever could. "There is a great truth here, which is at once an inspiration and an awful warning – every man (and woman) is an open letter for Jesus Christ. Every Christian, whether we like it or not, is an advertisement for Christianity. When we go out into the world, we have the awe-inspiring responsibility of being open letters, advertisements, for Christ and his Church."

"And you show that you are a letter of Christ, prepared by us (St. Paul and Timothy), written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts." 2 Corinthians 3:3

NEW KEYBOARDIST

On September 6, we welcome Pamela Compton as our new keyboardist. Due to health concerns, John Bernthal has had to step down. Pam comes with high recommendations, a Masters in organ, and a Doctorate in Choral Conducting. We have committed to her through the end of the year. During this time, she'll learn about Faith and we about her, and see if this could be a long term match.

Please greet her– with appropriate masks and social distancing.

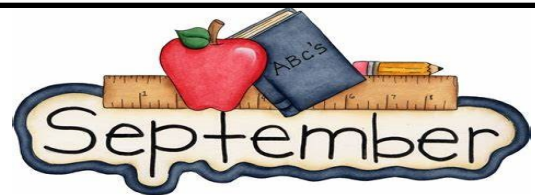
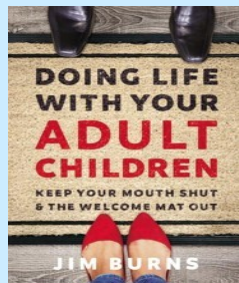
Many thanks to John for his months of service to Faith.



SMALL GROUPS RESUME THIS MONTH

Small groups are restarting for fall on September 20. *Brew Crew* and *Works in Progress* are reading a book on dealing with adult children.

Other groups and studies are reconvening also. Contact Paul Nord or Paul Grossnickle if you would like to join a group. There is one for everybody!



Happy birthday to the following Faith members with birthdays in September:

Cynthia Barger	Sept. 2
Wendy Berner	Sept. 6
Jacob Grossnickle	Sept. 8
Adison Foxx	Sept. 9
Dorothy Kehe	Sept. 10
Bruce Lindner	Sept. 10
Aaron Porter	Sept. 12
Pastor Schoech	Sept. 13
Karen Albertson	Sept. 16
John Frank	Sept. 21
Bruce Kehe	Sept. 21
Ilona Allwardt	Sept. 22
Carlene Schultz	Sept. 26
Annette Frank	Sept. 30
Nancy Kickbush	Sept. 30

If we have left out your birthday please let us know! Call the church office at (219) 462-7684 or email office@faithmemorial.net.

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Church

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**SAVE THE
DATE!**

**We will have a
family drive-in
movie in the
chrch parking
lot at 7:00m
on Friday,
September 25.**

**Fun for every-
one!!**



FAITH WORSHIP SCHEDULE

The 14th Sunday after Pentecost, Sept. 6, 9:00am Holy Communion, inside & parking lot
The 15th Sunday after Pentecost, Sept.13, 9:00am, Morning Prayer, inside & parking lot
The 16th Sunday after Pentecost, Sept. 20, 9:00am, Holy Communion, inside & parking lot
The 17th Sunday after Pentecost, Sept. 27, 9:00am, Morning Prayer, inside & parking lot
The 18th Sunday after Pentecost, Oct.4, 9:00am, Holy Communion, inside & parking lot
The 19th Sunday after Pentecost, Oct.11, 9:00am, Morning Prayer, inside & parking lot

The above services are subject to change if covid 19 virus regulations change again. For questions please call the office at (219) 462-7684.

For parking lot services tune your radio to FM99.1.

Services will also be streamed on our website at www.faithvalpo.org.

