

LESSONS WE LEARNED FROM THE LOCKDOWN PART I

JULY 24-25, 2021

INTRODUCTION

- Anytime you go through a tough journey it is important to stop and assess what happened; to understand it.
- Like many of you I learned some surprising lessons during Covid lockdown.
- Covid lockdown was for many of us a wakeup call.
- The next three weeks we are going to deal with lessons we should learn from the Covid lockdown.
- A study reports that “a large majority of U.S. Adults (86%) say there is some kind of lesson or set of lessons for humankind to learn from the pandemic.”
- We see themes of helplessness, fear, anger and sadness.

I. THE BATTLE OF THE BODY

- “Why would we talk about this in church?”
- Because your destiny is tied to your physical body.
- It is often a matter of life or death.
- Some stats say 2/3 of adults in America are obese and 1/3 of children are obese.
- The average American eats 150 lbs. of sugar a year!
- We are not taking care of the temple God has given us.
- Exercise is medicine! It keeps you well.
- God wants you healthy so you can touch others.
- This is not about vanity or obesity, it is about destiny.

II. YOUR BODY IS IMPORTANT TO GOD

- I Corinthians 6:12-20, “...not everything is good for you...our bodies...were made for the Lord...¹⁵Don’t you realize that your bodies are actually parts of

Christ?...that your body is the temple of the Holy Spirit...? You do not belong to yourself, ²⁰for God bought you with a high price. So you must honor God with your body.”

- Your body matters. My body is God’s property. Our bodies will be resurrected.
- By His power He can finish the work He began in you.
- The Holy Spirit’s power is the key to some of you getting healthy.
- You were made for community. You need others.
- The Bible says you are the temple.
- And you belong to Him.
- Romans 12:1 - Taking care of your body is a point of worship.

III. YOUR FINANCES ARE IMPORTANT TO GOD

- So many of us found ourselves in places of desperation financially during Covid.
- Many of you took Financial Peace University before the pandemic.
- And in that class you learned the importance of getting your finances in order. Preparing for emergencies.
- Matthew 6:24, “No one can serve two masters.”
- Jesus wants your money to serve you, not you serve your money.

CLOSE - Self Control

- Galatians 5:22-23, “But the Holy Spirit produces... love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”
- Most of us have a real struggle with self-control.
- We get comfort from food and finances.
- We have been given power over ourselves, by His Spirit.