

OLD MAN NEW MAN T.V.

EQUIPPING MEN FOR THIS LIFE AND BEYOND

Old Man New Man – Health Issues

“That you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness.” Ephesians 4:22-24 (NKJV)

Women, on average, live ten years longer than men. It’s a fact that Men take more risks, have more dangerous jobs and often have excessive stress. It’s also a sad reality that many men neglect health and nutrition which plays a major role in the quality and length of life.

Do you remember Popeye the Sailor Man? His theme song said, “He’s strong to the finish ‘cause he eats his spinach.” How can we be strong to the finish? Does what we eat really affect how long we live and the quality of our life? How does a new man stay fired up, charged up and ready to go?

1. Let’s start with a simple question, what makes a true “men meal?”
 - a. First go with what is commonly known as man’s food but then consider what it should in actuality be like to eat for the finish.
2. Qualify the following sentence from the presentation:
 - a. The quality of a man’s life is as important as the quantity of years.
3. Chef Julio said that in general a problem with men is that we are actually dependent on our wives, they take care of us.
 - a. Have you witness or experience this kind of situation?
 - b. How can you be more proactive about your own health issues?
4. We often associate certain foods or meals with sexual strength or as aphrodisiac, usually animal products or the famous Viagra pill. However, Chef Julio recommended certain vegetables for it. Remember what these were?
 - a. Interestingly enough it’s avocados because they contain Carnitine.
5. The Bible is filled with examples of real men, in fact some of them where to tough they confronted lions. There is a story of four men who were confronted

with a diet issue. Read Daniel 1 and discuss the challenge these men had and the difficult decision they made in order to be healthy.

- a. It's possible that the King had on his table "meat and potatoes," kind of food. What did Daniel and friends choose for their diet?
6. What good ideas concerning your own health did you get from this presentation?
 - a. Any action plan?
7. What can you do at this point in your life to prevent disease and future health issues?
 - a. How can you make sure you are "strong to the finish?"
8. The Bible provides examples, such as that of David and his friends, and motivation for us to care for our bodies. Read the following passages and discuss God's ideal for you.
 - a. Romans 12:1
 - b. 1 Corinthians 6:19-20.

<p>Chef Julio's ingredients for his simple yet delicious salad: Lettuce and/or Spinach Sesame seeds Soy sauce Water Tomatoes Onions Mushrooms Spinach Almonds</p>

Healthy food tastes excellent and is extremely satisfying. Many foods are all about taste with little or no interest for our personal health. Cheap fast-food restaurants and even upper end restaurants feed us and charge us, but don't look out for our nutritional needs. It's up to us to personally change the way we think about health and nutrition. Let's do it, let's watch what we eat and let's stay active to enhance the quality of our lives. The Word of God calls us to give God glory in whatever we eat or whatever we drink. It also tells us that our body is the temple of the Holy Spirit. God is able to heal you, to restore you and to keep you strong to the finish, but He wants you to team up with Him to stay healthy.

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