

Gray Weekly News



Week Leading to Sunday, July 24, 2022

The Ten Commandments for Health

www.joyfulnewsletter.com

In modern times, Joyful Newsletter consulting editor, Etta Dale Hornsteiner, a Protestant body-builder in Roswell, GA, has authored an outstanding book – *The Ten Guiding Lights to Health and Wholeness* – a holistic approach to health addressing both the spiritual and the physical.

Hornsteiner daringly maintains that the Ten Commandments and the teachings of Jesus are a prescription for a healthy lifestyle. Hornsteiner is an ecumenical educator whose love for physical fitness led her into body-building competitions and later into a career as a personal trainer, with a keen interest in nutrition.

A graduate of Regent University, she is the editor of LiveLiving Magazine in Atlanta, Georgia, whose goal is “to educate believers to live a productive and wholesome life.” She writes in her book: “I have grown very concerned, particularly for the faith-based community, as statistics continually show that this group remains a highrisk population in need of help. Obesity is a growing pandemic even among church-goers, who are more overweight than people who don’t go to church. “Several millennia ago, God gave humanity the principles for healthy living.

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Seventh Sunday After Pentecost



Colossians 2:6-15

Psalms 85

Luke 11:1-13

“God Is the Source of All Blessings”

News and Notes

THIS WEEK

Sunday, July 24

Please join us on Sundays at 11 am. If you are unable to come in person, you can watch our livestream at graymemorialumc.org/facebook.com or graymemorialumc.org/youtube, at 11 am or any time after that at graymemorialumc.org/



If you have prayer requests, please contact Norma Adams, Jennifer Skinner or Gail Teems.

You may also call the church office at 850/385-6441 or send a text to 850/933-8469.

Prayer Requests

Sam and Norma Adams

Patsy and Betty

Sylvia Morrow

Jack, Randy, Jim & Jane Workman

Joyce and Bob

All those suffering from illness, afflictions and recovering from surgeries

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Sadly, we've understood these commandments narrowly as things we should not do rather than as guiding principles for wholeness. The Ten Commandments are the foundation of any health and wellness program. They are there to lead us to good health, and not just spiritual health but also physical and mental health.

“Jesus said, ‘I am come that they might have life, and that they might have it abundantly.’ This is health: life in abundance!” Hornsteiner’s prescriptions for a healthy lifestyle are offered in 10 chapters based on the Ten Commandments):

- (1) Avoid addictions;
- (2) Do not idolize your body;
- (3) Do not devalue God’s name; (4) Live a balanced life;
- (5) Cultivate your roots and you will grow;
- (6) Do not obstruct the flow of life;
- (7) Don’t go after less and expect more;
- (8) Don’t fake living;
- (9) Don’t mistreat anyone;
- (10) Don’t compare yourself with others.

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God’s first commandment – “You must not have any other gods but Me” – helps us to break our addictions, “ whether the addiction is to food, drugs, sex, or work.” Hornsteiner writes. “ God’s first command guards against narcissism – a false god we set up within ourselves. “Unfortunately, sloth (a dislike of exercise) and overconsumption of food are two vices of many church-goers. Obesity leads to a plethora of problems: hypertension, diabetes mellitus, coronary heart disease, renal disease, stroke, pulmonary complications, arthritis, and cancer.

The fact that we desire to live healthily and to learn healthier ways to care for our bodies delights God.” Noting that the Apostle Paul said the body is the temple of the Holy Spirit, Hornsteiner urges readers to care for their bodies, to exercise their bodies regularly, to feed their bodies healthy, nutritious foods, to keep their bodies clean, to give their bodies proper rest.

She offers a list of healthy foods and unhealthy foods. She recommends occasional fasting. “Jesus models fasting and assumes his disciples will do so as well,” she writes. “Fasting is healthy for the body.” The 10th chapter is titled, “Don’t Compare Yourself with Others,” and quotes the commandment, “You must not covet.”

She writes: “Open the door to the spirit of covetousness and we will experience a slow death that gradually seeps like a slow poison into our being. If we understand what happens to us when we become excessively desirous of things that are transitory, or when we respond with envy or resentment to our neighbor’s success, then we would also comprehend why this commandment is one of the most relevant for achieving and maintaining health and wholeness.

“Covetousness is a joy killer because it sows the seed of ingratitude. Social media and television commercials sow the poison of covetousness throughout the land. “The opposite response to covetousness is gratitude. As people of faith, we are to be thankful for all things.”

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UPDATE ON COVID 19:

A new strain of the Covid virus is now circulating among the US population. It appears to be more infectious than any of the previous variants. Because of this, we encourage everyone to wear masks while attending worship or Bible studies. Masks are a great way to minimize transmission from one individual to another.

From www.covidactnow.org/Leon/FL: The Community Risk Level in Leon County is **HIGH**. CDC suggests masking indoors due to the high community risk levels.

UPCOMING EVENTS

Tuesday, July 19	7 pm	Parkside-Park Terrace HOA meets at Gray
Wednesday, July 20		No Bible Study this week
Thursday, July 21	10 am 5:30 pm	Bible Study with John Rogers Choir Practice
Sunday, July 24	11 am	Worship Service
Monday, July 25	7 pm	Town & Country Neighborhood Assoc. Meets at Gray
Tuesday, July 26	7 pm	Board of Trustees Meets
Wednesday, July 27	7 pm	Bible Study with Todd Clark via Zoom
Thursday, July 28	10 am 5:30 pm	Bible Study with John Rogers Choir Practice
Sunday, July 31	11 am	Worship Service