

The Relationship of Spirituality and Maintaining Health in Intermediate Adulthood: A Theological and Practical Review

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ABSTRACT

Middle adulthood is a stage marked by physical decline and a higher risk of chronic diseases, making health maintenance essential. From a Christian perspective, caring for physical health is also an act of stewardship before God. This community service activity was conducted as an online seminar for adults aged 40–60 years. The program combined a literature review on health, theological reflection on biblical passages, and seminar-style interviews. Results showed that participants gained a better understanding of the importance of physical health and practical strategies, including regular exercise, healthy eating, and adequate rest. They also recognized the body as the temple of the Holy Spirit, understanding physical health as an integral part of holistic Christian living and honoring God.

INTRODUCTION

Intermediate adults are a community group with an age range of 40-60 years. People in middle or middle age often face various physical problems that begin to weaken and often feel ill with some previously unknown diseases (examples are diabetes, high cholesterol, rheumatism, gout, high blood pressure, etc.). Weakened physical aspects are indeed inevitable as we age, but this can be minimized with a healthy lifestyle. Today, many middle-aged groups suffer from chronic diseases due to worsening lifestyles. For example, modern workers who are doing less and less physical activity. Many human activities are now done by machines so that humans are less mobile. This lack of physical activity is exacerbated by the development of gadgets that cause humans to be more lazy, busy with existing features, so they are reluctant to move. Low active lifestyle has become a phenomenon in society, resulting in low physical fitness. This is increasingly relevant to urban people who work in offices.

In addition to low physical activity, food consumption is also another factor that greatly affects the health of the middle adult age group. The wrong diet can lead to overweight, which has now become a global problem, including in Indonesia. Diets that tend to imitate developed countries (i.e. eating foods high in fat, cholesterol, and low fiber) accompanied by a lack of physical activity lead to excess weight gain or commonly called obesity. Excess weight, high cholesterol in the blood is actually a serious problem because it is one of the factors that cause various non-communicable diseases such as diabetes mellitus, heart, and stroke. Cholesterol levels in the blood that exceed normal limits can lead to atherosclerosis, which is the cause of heart disease. According to existing surveys, the most common cause of death in Indonesia is now caused by non-communicable diseases (such as diabetes mellitus, chronic kidneys, stroke, hypertension, etc.). Regarding diabetes, WHO data in 2021 states that 422 million people in the world have diabetes, and as many as 1.6 million people die each year from diabetes. Indonesia itself is ranked third in Southeast Asia with the most people with diabetes mellitus. Therefore, physical activity is indispensable to overcome the existing risks. WHO shows that physical activity can reduce the risk of death from non-communicable diseases. The same is true with a healthy diet.

In addition to reducing the risk of developing non-communicable diseases, a healthy lifestyle is also related to life satisfaction levels. A person who has a healthy lifestyle (such as a balanced diet, regular exercise, limiting alcohol, and not smoking) is associated with life satisfaction associated with better health. Studies of middle-aged populations in rural Africa state that unhealthy behaviors such as alcohol dependence, tobacco use, and low physical activity increase the risk of depression and lower life satisfaction levels in a sustainable manner. A healthy lifestyle that includes five aspects (no smoking, controlled alcohol consumption, adequate physical activity, a good diet, and a balanced body mass index), is associated with an increased chance of reaching old age with better health conditions.

A healthy lifestyle is also related to brain health. Studies show that many middle age groups begin to experience a decline in brain function. Therefore, brain health needs to be maintained. Good nutrition plays an important role in maintaining brain health. Studies show that adherence to a healthy diet is linked to better cognitive function and helps slow cognitive decline. According to Roberts, et al. a healthy, nutrient-rich plant-based diet, low glycemic index, and avoiding nutrient-poor foods, have been proven to be effective in preventing various age-related diseases, one of which is dementia. In addition to food nutrition, physical activity also turns out to help maintain brain health. As we age, memory, concentration, and accuracy will decrease. To prevent this, physical activity is also necessary to maintain sharpness of mind. This can happen because when a person is physically active, the brain will continue to develop by forming new networks and creating hundreds of new connections between brain nerves.

In general, physical activity can be divided into three types, namely daily physical activity, physical activity with exercise, and exercise. Daily activities are activities that exist in daily activities, such as taking care of the house, walking, playing with children, and so on. Physical exercise activities are activities that are carried out in a planned and structured manner, such as jogging, push ups, gymnastics, cycling, and others. While sports are physical activities that are structured, planned, and follow existing rules, examples are basketball, football, badminton, and so on.

Maintaining the health of the body is not only related to physical things, but also spiritual things. Romans 12:1 commands the Lord's people to offer their bodies as a living, holy, and acceptable offering. Both body and soul belong to God. As believers, we are commanded to offer the body as a living and holy sacrifice. To be a holy offering means to offer one's body completely to God and to be dedicated to His service. Those who are dedicated to God will rejoice in His heart to be able to participate in His service. A person who loves God will put aside their own will and live their life to please and serve God. The life that is lived is a life with devotion to God's will, as an act of worship. God's will must be implemented in life, not only for our souls, but also for the body. God wants us not only to offer our hearts, but also our bodies. This means that believers must take good care of their bodies as part of what God has entrusted them. A well-cared for body will become a temple, a means by which we can live a good life on earth. Maintaining a healthy body will allow us to serve God more effectively over a longer period of time.

In the Old Testament, God commanded the Israelites to offer cattle sacrifices. This is a shadow of the New Testament. Christ is the true and perfect sacrifice, as a substitute for the forgiveness of sins. But in Romans 12:1, the people of the New Testament are commanded to make offerings, not offerings to make atonement, but sacrifices that are made because redemption has been made for us. God does not ask us to bring cattle, but to sacrifice ourselves as a living offering. Being a Christian is not just giving a few hours of service to a particular church project, but a life that is completely devoted to God. The life of the

Christian that is offered must be holistic, one of which is in terms of the body, namely the body that is guarded for the glory of God.

Knowing the importance of maintaining body health from a spiritual and physical perspective, this community service activity is aimed at making middle adults aware of the importance of maintaining body health and providing simple practical guidelines that can begin to be practiced after participating in a short health seminar that was held.

IMPLEMENTATION AND METHODS

This community service activity is carried out in the form of a small seminar on physical health, judging from its correlation with spiritual responsibility. This activity targets the middle adult age group which ranges from 40-60 years old. The seminar was attended by theology students from various cities and attended by participants from various different regions in Indonesia.

Preparation for the Implementation of Health Seminars

1. Conduct research on health, diet, and exercise that are appropriate for the middle adult age group.
2. Conduct exegesis on Bible verses on maintaining physical health, especially the text of Romans 12:1.
3. Hold a small seminar on physical health that is open to the public.

Time and Place of Execution

The implementation of a small seminar on intermediate adult health was carried out online, with the following details:

1. Day/Date : Thursday, June 11, 2026
2. Time : 18.00 WIB
3. Tempat : Online Meeting via Google Meet

Participant Profile

This online health seminar was attended by nine participants. The majority of participants were 40-60 years old (intermediate adult group).

Table 1. Names of participants of the Health Seminar

No	Name	No	Name
1	Dennis Limarwan	6	Pricila
2	Friss Gerrits	7	Suit Zee
3	Herry Gandeguai	8	Yeni Eliawati
4	Meilena Merliana	9	Yusak Sanjaya
5	Natanael Samosir		

Server Profile

This online health seminar was served by five ministers who were executive students from the Kharisma Theological College. The servants come from different age backgrounds and places of residence.

Table 2. Name of the Nurse Practitioner

No	Name	Age	Location	Assignment
1	Titin Suhartini	33	Jambi	Moderator
2	Ruddy Karundeng	51	Jayapura	Spiritual Dimension Resource Person
3	Sem Yogie P. Limiyano	29	Jakarta	Physical Dimension Resource Person
4	Jonathan Nathanael	22	Bandung	Opening Prayer
5	Doni Hasugian	26	Riau	Worship

RESULTS AND DISCUSSION

Preparation for Health Seminar

Before the seminar, we ensure that the information conveyed is valid information in accordance with the truth of God's word and medical truth. We delve deeper into the verses of God's word that command believers to maintain physical health. We then conveyed the results of the deepening in an online seminar with a *talk-show format*. In addition, in-depth research was conducted on the health of intermediate adults. We conduct research through trusted journals and *websites* about the health conditions experienced by middle adults, what physical degradation they experience, and how to overcome it.

Structure and Rundown of Activities

This online health seminar was carried out with a simple arrangement of events, namely opening, praise and worship, presentation of material 1, presentation of material 2, and closing part.

Table 3. Program Schedule

Time	Events	Officers
18.00 – 18.05	Opening and Opening Prayer	Jonathan Nathanael
18.05 – 18.20	Praise and Worship	Doni Hasugian
18.20 – 18.40	Material I: Maintaining Health in Intermediate Adulthood	Sem Yogie P. Limiyano
18.40 – 18.55	Material II: Spirituality Relations and Maintaining Physical Health	Ruddy Karundeng
18.55 – 19.00	Closing and Closing Prayer	Titin Suhartini



Figure 1. Opening and Opening Prayer



Figure 2. Praise and Worship



Figure 3. Material I – Maintaining Health in Intermediate Adulthood



Figure 4. Material II – The Relationship of Spirituality and Maintaining Physical Health



Figure 5. Closing and Closing Prayer

Summary of Material 1 – Maintaining Health in Intermediate Adulthood

In the first session, the resource person said that middle adulthood is an important time to start maintaining physical health, because in this age range physical health begins to decline naturally, such as reduced muscle mass, bone density, and body recovery ability. This decrease in physical aspects also increases the risk of chronic diseases such as hypertension, type 2 diabetes, high cholesterol, and heart disease. Therefore, maintaining health from middle adulthood is a very important investment to stay healthy, independent, and more productive in old age. The resource person tried to convince the participants to start paying attention to their health.

Maintaining health is not only an effort to maintain an excellent body, but also related to happiness and brain health. Studies state that people who exercise diligently tend to be happier so they have a better quality of life. Prevention is a much better and wiser course of action than cure. Starting exercise before the disease appears is the best option.

Maintaining a healthy body starts from a good and balanced diet. Using percentages, the average adult can eat with the composition of half a plate of fiber (fruits and vegetables), a quarter of a plate of healthy protein, and the other quarter of complex carbohydrates. Adults need to reduce their consumption of sugar, salt, and excess saturated fat. Water consumption needs to be considered. Foods high in sugar and fat can increase the risk of developing chronic diseases such as heart, diabetes, cholesterol, and others.

In addition to diet, regular exercise is very important. A good combination is to do cardio and strength exercises. Cardio is necessary to maintain heart health, while weight exercise is needed to increase muscle mass, strengthen bones, and control blood sugar levels. Muscles are the largest storage place for sugar, so when muscle mass is large, it can store more sugar. This prevents the buildup of sugar into fat which is the cause of diabetes. This healthy lifestyle can be started gradually, starting from light exercise activities such as walking, starting to reduce sugary drinks, and increasing fiber consumption. The main key to change is consistency and lifestyle rather than just following existing trends.

Summary of Session 2 - The Relationship between Spirituality and Maintaining Physical Health

Maintaining physical health is not just a medical matter but part of the life management that God has bestowed upon us. Physical health is important for middle adults to practice, because physical strength often begins to decline, while a person in middle adulthood is usually a person who is still active in work, serving, leading the family, and in many other responsibilities. Medically, physical activity has been proven to help reduce various diseases such as heart, stroke, diabetes, some types of cancer, depression, insomnia, and cognitive decline. Therefore, physical health is an important thing to pay attention to.

The Bible itself teaches that every believer's body is the temple of the Holy Spirit, meaning that this body no longer belongs to man alone, but a means to be used to glorify God (1 Cor. 6:19-20). God's Word also commands every believer to offer their bodies (Rom. 12:1). Honoring the health of the body does not mean fulfilling the body, but rather as a form of respect for God who has given and redeemed human life. Paul stated that bodily exercise was indeed of limited use (1 Tim. 4:8). This means that physical health has an important value, but it should not be used as the center of life.

Maintaining physical health is also related to wisdom and self-control. In Psalm 90:12 it is recorded that man should count his days wisely. Because life on earth and power are limited gifts, every believer is called to use his or her body responsibly for God, his family, and others. The book of Proverbs also warns of the dangers of living without self-control. Thus, discipline in eating, exercising, resting, and stress management are part of a wise life. Maintaining physical health is not intended for believers to live as long as possible, but so that the life that God entrusts to us can be lived faithfully, usefully, and responsibly. Maintaining physical health is a form of Christian ministry to glorify God and love others.

CONCLUSIONS AND RECOMMENDATIONS

Physical health in middle adulthood is a very important aspect to pay attention to, both from a medical and theological point of view. In the age range of 40-60 years, humans experience many biological changes which are characterized by a decrease in physical strength, bone density, muscle mass, and an increased risk of various chronic diseases such as hypertension, heart disease, type 2 diabetes, stroke, and other metabolic disorders. This condition is further exacerbated by a modern lifestyle that lacks physical activity, is filled with stress, unhealthy diets, and dependence on technology that causes a sedentary lifestyle. Therefore, efforts to maintain health through regular exercise, a balanced diet, and adequate rest are very urgent needs for intermediate adults. Awareness to maintain health from middle adulthood is very important so that a person's quality of life can be maintained and can live an old age with healthier and more productive conditions.

However, this community service activity emphasizes that maintaining health is not only related to physical needs, but also related to the spiritual dimension that is important in the life of believers. God's Word makes it clear that the human body is the temple of the Holy Spirit, and belongs to God, so this body must be cared for responsibly. Romans 12:1 teaches that believers are called to present their bodies as a living, holy, and pleasing offering to God. Thus, taking care of the body is not a form of worship of the body, but rather a form of obedience and stewardship to God. A healthy body enables believers to live their vocation in life effectively, whether in family, work, or ministry

The implementation of this health seminar for the middle adult group shows that an approach that combines physical and spiritual health aspects can help participants to comprehensively understand the importance of healthy living. Participants not only gained an understanding of the risk of chronic disease and the importance of physical activity, but also realized that maintaining health is a wise and responsible Christian life calling. Maintained physical health will allow a person to remain productive in glorifying God and serving others. The seminar provides practical understanding of steps that can be taken in daily life, such as exercising lightly, reducing sugar, salt, and excess fat consumption, increasing water consumption, and maintaining a good rest pattern.

The seminar also emphasized that lifestyle changes do not have to be done to the extreme at one time, but can be started from simple but consistent steps. The most important thing is not to just follow trends, but to make it a continuous lifestyle. Awareness to start a healthy lifestyle is a very important start to prevent the risk of various chronic diseases in the future. Prevention is a much better step than treatment after the disease has appeared.

Ultimately it can be concluded that maintaining physical health is an integral part of a holistic Christian life. A healthy body is not the end goal, but a means to glorify God and love others to the fullest. Therefore, believers are called to live a healthy lifestyle as a form of responsibility and gratitude for the life that God has bestowed upon them, as well as a form of love in serving fellow humans. By taking care of their health responsibly, believers can live productively, serve effectively, and be a good witness to the surrounding environment.

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