

Your Relationship with yourself and your Body

Introduction

1. Our souls are housed in all shapes, sizes and colors. Some are attractive and some maybe worn.
3. The soul of man functions through the body in which it dwells. Really, our bodies are the only way we have of expressing our soul.
5. People using their bodies in a variety of ways with or without thought. The thought today is: How would God have me to use my body?



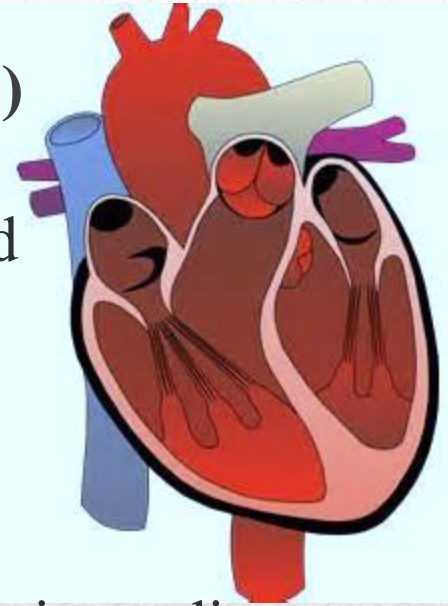


MY BODY

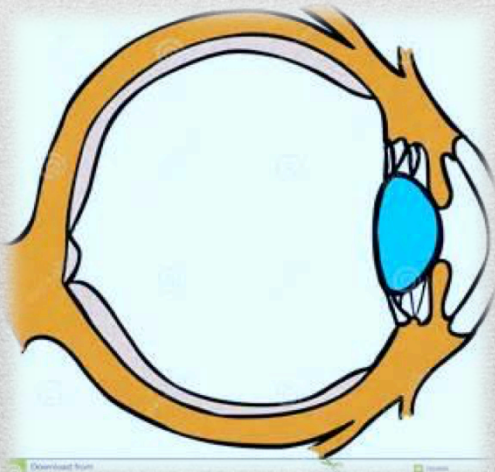
**GOD IS THE BODY'S
DESIGNER**

A. “Fearfully and wonderfully made” (Ps. 139:14)

1. Heart – pumps equivalent of 6,000 pounds of blood through 10,000 arteries, veins, and capillaries of the body every 24 hours. Operates 60-90+ years usually without shutdown in most cases.

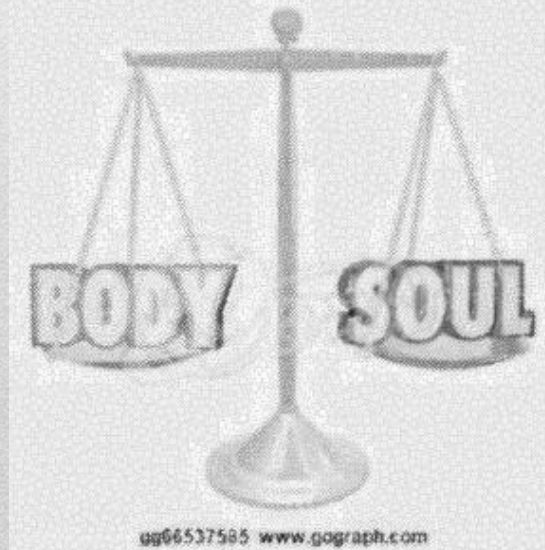


2. Eye – various humors, self-focusing, adjusts to amount of light present, work in duality, self-cleaning and more.



B. The Same God Who Designed our Body, also, Fathered our Soul (**Heb. 12:9**). He placed the two together to work in harmony for His purpose in this life.

1. He goes into great detail to tell us the maintenance schedule to get the most out of both body and soul.
2. As the designer He has a right to tell us how to function – and felt an obligation to do so.





MY BODY

WHO OWNS MY BODY?

A. Some say “It’s MY body. I’ll do what I want with it.” Is it really MY body?

1. **I Cor. 6:19, 20 – “What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? ²⁰ For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s.”**
2. When God cleanses our souls He, also, lays claim to our body.



- B.** Your body is borrowed. You have to give it back.
- 1.** It is like someone loaning you a fancy car for a few weeks. How should you treat it? Would you put sand in the gas tank, kerosene for gas, haul dirt in the trunk or some other abuse? What would you think of someone who did that to a car you loaned them?
 - a.** The obligation of a borrower is to take good care of what is loaned to him/her.
 - b.** What care are you taking?
 - 2.** Are you a good steward? Do plans you make for “your body” involve a prayer consultation with the Father?



C. The body is a Temple (I Cor. 3:16, 17)

1. Temple = NAOS or Holy Place of the Temple
 2. Our bodies are a holy place of God. Thus, we should take care of them as we would something sacred or “set apart”.
 3. Our body is to be given the same quality provision and care the Levites gave to the Temple, the Holy Place.
 4. God says, “If any man defiles the sanctuary of God, him will God destroy.”
 - a. Defile = to corrupt or defile by damage or neglect, to bring to ruin.
 - b. God expects us to take care of our body as much as possible, knowing that age wears on anything that is not eternal.
 - c. Do you take care of your body as “the temple of God?”
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MY BODY

**WHAT SHOULD I DO
WITH MY BODY?**

A. Present it as a living sacrifice (Rom. 12:1)

1. First 11 chapters develop the theme of justification by faith and grace. Many miss this and jump into chapter 12 without the context.
 - a. It is only when we know what God has done through Christ, that we begin to know what we are to do in Christ.
 - b. First doctrine - then duty. When we realize how freely God loves us, only then will we be humbled and say “Lord, what would you have me do?”
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2. Present = a voluntary surrender.
 3. Living sacrifice = not a dead sacrifice, but a living serving sacrificial life.
 4. The presentation of our body is made possible by a converted seat of control – the renewed mind. You and I are different than we were before conversion. Our bodies are the only way we can give expression to our souls. What are you saying by how you use your body?
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B. Nourish and Cherish it (**Eph. 5:29**)

1. Give proper nourishment. This means the Christians watches what he/she eats and how much he/she eats. The body is not made for eating JUST for the sake of eating, but for eating to give the body NOURISHMENT. Beware of gluttony (**Prov. 23:3; Deut. 21:18-21; Matt. 11:19**)!
2. Cherish = to keep warm, to foster with tender care.
3. In essence, take good care of yourself. Make adequate provisions.
4. Exercise – **I Tim. 4:8**. Notice Paul's illustrations in **I Cor. 9:24; Heb. 12:1,2**.

Note: If one does not need to give some attention to proper exercise then these exercise illustrations mean absolutely nothing!

C. Buffet it (I Cor. 9:27)

1. Buffet = “to beat the face black and blue.” It is used metaphorically of Paul keeping himself spiritually fit. (Vine P. 156)
 2. Paul realized the need to exercise self-control (v. 25) and that sometimes requires a fighting and conquering within. We have to BEAT ourselves up sometimes.
 3. How do we give ourselves this bruising? By letting the Spirit win the fight over the flesh. Let the flesh lose! The term “buffet” suggests the battle is often fierce. Fights leaves bruises!
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MY BODY

**ALLOWING PHYSICAL APPETITES
TO RUN AWAY WITH US (Gal. 5:16-24)**

A. Anxiety (Phil. 4:6)

1. One central theme through the Bible – from the garden to the promise of Abraham to Joseph in Egyptian bondage to the spreading of the Red Sea, the pursuing Egyptians, manna from Heaven, the giants in the land, the battle of Jericho, etc...Everywhere on every page is written ONE LARGE MESSAGE – “TRUST ME”. The overwhelming majority have never learned that lesson! Have you?
 - a. Whether business reversals, family troubles, school problems, whatever...do you go into depression, lose sleep, worry and embrace anxiety?
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- b. 60-80% of all hospital beds are filled by those having stress related problems. Example: putting a kink in a water hose. In much the same way stress puts a kink on our entire body function and restricts the flow of purifying and cleansing agents, as well as, proper chemical balances. And we break!



B. Substance Abuse

1. Drugs – Marijuana, alcohol, cocaine, tobacco and all the rest are doing unlimited damage to the minds and bodies of young and old alike!
 - a. **Gal. 5:20** – sorcery is from the Greek PHARMAKIA = Pharmacy or drug store.
 - b. The damage to the body, life, and soul is well documented.
 - c. **“If any man will come after me, let him deny himself, and take up his cross, and follow me.” (Matt 16:24)**



2. Nicotine is a DRUG and more addictive than heroin.
 - a. It is the most dangerous drug – it causes death in 1 out of 3 long term users.
 - b. If you knew that one in three pair of a particular brand of shoes blew up would you buy them?
 - c. “If any man defiles the temple of God, Him will God destroy.”
 3. Alcohol
 - a. Well over 5 million live in a half dead world of another drug – alcohol.
 - b. Alcohol destroys internally, externally and eternally (**Gal. 5:21**).
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C. Sexual Object

1. Sex is beautiful in its God-given realm with everything God created He said “It is good”.
 2. God did not give us a body to abuse, to flaunt, to tease and tempt with.
 3. **ICor. 6:15-20** in context.
 - a. What does “flee fornication” mean?
 - b. Does it mean:
 - 1) Dress in a way that invites lust?
 - 2) Go places where you will be sexually tempted?
 - 3) Place your body up against another in a suggestive way?
 - 4) Well, what does it mean?
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4. I Thess. 4:3-8 – “For this is the will of God, [even] your sanctification, that ye abstain from fornication; ⁴ that each one of you know how to possess himself of his own vessel in sanctification and honor, ⁵ not in the passion of lust, even as the Gentiles who know not God; ⁶ that no man transgress, and wrong his brother in the matter: because the Lord is an avenger in all these things, as also we forewarned you and testified. ⁷ For God called us not for uncleanness, but in sanctification. ⁸ Therefore he that rejecteth, rejecteth not man, but God, who giveth his Holy Spirit unto you.”



MY BODY

CONCLUSION

1. God wants us to have a body that is well-cared for and taken care of as He instructed. He wants a body which is wholly given over to Him for His use.
 2. The greatest desire of our heart, then, should be that God may take whatever talents, strengths, wisdom, experiences and examples you and I can offer and use it to the greatest extent possible.
 3. Then and only then have we used our body for God's glory.
 4. **Romans 12:1,2 – “I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. ² And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”**
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