

My body is about Him

Who's the owner?

“Last fall, Beverly Mitchell returned to her ranch home in Douglasville, Georgia, from a two-and a-half-week vacation in Greece and was alarmed to find the lights on in her house and a strange car in the driveway. She called the police, who went in and found Beverly Valentine living in the house. Valentine had not only taken down the owner's pictures and replaced them with her own, but she had also brought in a washer and dryer and her dog and was wearing Mitchell's clothes. In fact, she had changed the utilities to her name, dipped out the carpet, and repainted a room she didn't like.

“In twenty-eight years, I've never seen something this strange.” Said chief sheriff's deputy Stan Copeland.

Strange indeed. She acted as if the dwelling were hers. How could she?”

Page 104, *It's Not About Me*, Max Lucado, Integrity Publishers

God created this beautiful house.

Psalm 139:13-18

13 For You formed my inward parts; You wove me in my mother's womb.

14 **I will give thanks to You, for I am fearfully and wonderfully made;**

Wonderful are Your works, And my soul knows it very well. 15 My frame was not hidden from You, When I was made in secret, And skillfully wrought in the depths of the earth; 16 Your eyes have seen my unformed substance; And in Your book were all written The days that were ordained for me, When as yet there was not one of them. 17 How precious also are Your thoughts to me, O God! How vast is the sum of them! 18 If I should count them, they would outnumber the sand.

When I awake, I am still with You.

It is clear that the God who wonderfully made you, holds the title to your physical body. He is the owner but He has entrusted you with this house, your physical body with the purpose of bringing honor to Him.

God is the owner.

1Corinthians 6:19-20

19 Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that **you are not your own? 20 For you have been bought with a price: therefore glorify God in your body.**

1Corinthians 3:16-17

Do you not know that you are a temple of God and that the Spirit of God dwells in you? 17 If any man destroys the temple of God, God will destroy him, for the temple of God is holy, and that is what you are.

What God requires is that you respect His property and then things will go well for you. Disrespect it and He will hold you accountable. Destroy it and there will be eternal consequences.

We all make choices.

The first one is whether or not to accept God's ownership.

The world denies God's ownership. The philosophy of the world is, **"I'll do what I want, it's my body."** We will all be tempted while in this physical body. Tempted to take ownership into your own hands and tempted to use your body in whatever way pleases you. But when you are tempted, how do you respond? What will you choose. Will your decisions be made based only on what your physical desires are? If so you will reap the consequences of your decisions. The Christian make choices that please God. When you love God, you choose to do what honors Him. When you love self you choose to do what pleases you.

BAD CHOICES / BAD CONSEQUENCES

Bad choices result in bad consequences. If I want to eat more than I should I get sick-short term or gain weight-long term. If I take something I want and break the law; I will probably get caught and eventually go to jail. Consequences are like road signs that point us back to God. Addictions are the result of bad choices.

The bad, negative, undesirable consequences will make me think about my choices and take me **back to the question** that I need to ask myself in the first place. Who is the owner of my life? What is the purpose of this body?

Romans 12:1 Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. 2 And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

Loving self and loving the world leads to damage, destructive habits, addictions, disease and death and separation from God. Look at a list of addictions, it's incredible. People hurt themselves and others in the process. It's not just the individual who suffers. It also effects families, friends and communities. We all have to live with the consequences of the choices other people make.

But our desire and God's is that they will turn from sinful ways and come to know God's blessing through Jesus Christ. Turn and live. Follow and find God's blessing.

Who's the manager a rebel or a son or daughter of the King?

**The Bible teaches that both the spiritual
And the physical aspects of our lives are sacred.
Not, the spiritual is sacred and the physical is evil!**

How do we honor God with our bodies? We honor God with our bodies by being good managers of our health and physical well being. We follow God's rules and Respect the property entrusted to us. That means every aspect of our physical lives must be under God's control, eating, sleeping, proper fitness or exercise, the use of our time, our sexuality.

1 Corinthians 9:25-27

25 Everyone who competes in the games **exercises self-control** in all things. They then *do it* to receive a perishable wreath, but we an imperishable.

26 Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air;

27 but **I discipline my body** and make it my slave, so that, after I have preached to others, I myself will not be disqualified.

2 Timothy 3:

1 But realize this, that in the last days difficult times will come.

2 For men will be lovers of self, lovers of money, boastful, arrogant, revilers, disobedient to parents, ungrateful, unholy, 3 unloving, irreconcilable, malicious gossips, **without self-control**, brutal, haters of good, 4 treacherous, reckless, conceited, lovers of pleasure rather than lovers of God,

Dealing with temptation

- **ways we are tempted**
- **ways people hurt themselves: consequences**
- **dealing with, thoughts, speech, actions**

What do we learn from Jesus about dealing with temptation?

Matthew 4:1 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. 2 And after He had fasted forty days and forty nights, He then became hungry. 3 And the tempter came and said to Him, "If You are the Son of God, command that these stones become bread."

4 But He answered and said, "It is written, '**MAN SHALL NOT LIVE ON BREAD ALONE, BUT ON EVERY WORD THAT PROCEEDS OUT OF THE MOUTH OF GOD.**'"

5 Then the devil took Him into the holy city and had Him stand on the pinnacle of the temple, 6 and said to Him, "If You are the Son of God, throw Yourself down; for it is written, '**HE WILL COMMAND HIS ANGELS CONCERNING YOU**'; '**ON *their* HANDS THEY WILL BEAR YOU UP, SO THAT YOU WILL NOT STRIKE YOUR FOOT AGAINST A STONE.**'"

7 Jesus said to him, "On the other hand, it is written, '**YOU SHALL NOT PUT THE LORD YOUR GOD TO THE TEST.**'"

8 Again, the devil took Him to a very high mountain and showed Him all the kingdoms of the world and their glory; 9 and he said to Him, "All these things I will give You, if You fall down and worship me."

10 Then Jesus said to him, "Go, Satan! For it is written, 'YOU SHALL WORSHIP THE LORD YOUR GOD, AND SERVE HIM ONLY.'"

We have been given the privilege of being ambassadors or representatives for Christ. Your testimony: integrity or hypocrisy, genuine, real true Christianity.

My ability to reflect God's glory to other people in a fallen world is directly related to my integrity. A loss of integrity leads to a loss of boldness, courage, and confidence to speak to others of the reality of who God is and who and who I am as a redeemed creature. Hurting our relationship, obscuring my identity. How can I declare the truth of who God. If with my life I deny it. We diminish our testimony by our hypocrisy.

Physical pleasure does not satisfy the cravings of the soul. Only God can fill and empty heart. There is no pleasure like the pleasure found in a relationship to Him. My relationship to Him is the only thing that can give me lasting satisfaction. Nothing else will do. Sin always demands more. Satan makes big promises-lies. They end in emptiness and destructive habits and worse. They end in alienating us from God and in eternal separation from Him. God alone gives life and peace.

WORKSHEET

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1. God created this beautiful _____.

Psalm 139:13-18

2. God is the _____.

1Corinthians 6:19-20

3. We all make _____. The first one is whether or not to accept God's ownership. The world denies God's ownership.

The philosophy of the world is, *"I'll do want I want, it's my body."*

4. Who's the _____ a rebel or a son?

5. The Bible teaches that both the spiritual
And the physical aspects of our lives are _____.
Not, the spiritual is sacred and the physical is _____!

Dealing with temptation

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6. What do we learn from this passage about dealing with temptation?

Matthew 4:1-
