

Managers of His Gifts: The Body



The gift of the body

"You don't have a soul. You are a Soul. You have a body." -C.S. Lewis

"The Lord God formed the man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being." -Gen 2:7

Can you think of a time when you realized how much you took for granted the way your body works?

Mismanagement of the body

Name at least three accounts from Scripture where someone was tempted to misuse or abuse God's gift of the body.

What are some other ways that we could abuse the gift of our bodies?

Agree/Disagree: Tattoos and body piercings are wrong because they harm the body.

What is the body for?

Which of the ten commandments give us direction on proper use of our bodies?

Paul compares the human body to a fragile "jar of clay." (@ Cor 4) What has God entrusted to us while we live out our fragile lives?

The Christian's view of the body:

What do the following Scripture passages tell us about our body?

"...for dust you are and to dust you will return." -Gen 3:19

"The dust returns to the ground it came from, and the spirit returns to God who gave it." -Ec 12:7

"But at that time your people—everyone whose name is found written in the book—will be delivered. ² Multitudes who sleep in the dust of the earth will awake." -Dan 12:1-2

"Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. ¹⁹ Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰ you were bought at a price. Therefore honor God with your body." -1 Co 6:18-20.

Read Philippians 3:17-21. What are the two different gods mentioned? Where is the glory found in each? Describe the two very different outcomes.

How do the following passages give us hope regarding our bodies?

He gives strength to the weary and increases the power of the weak. ³⁰ Even youths grow tired and weary, and young men stumble and fall; ³¹ but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. -Is 40:29-31

We ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption as sons, the redemption of our bodies. -Rom 8:23

"After my skin has been destroyed, yet in my flesh I will see God" -Job 19:26

The Christian's use of the body:

God's guide for the married.

The wife's body does not belong to her alone but also to her husband. In the same way, the husband's body does not belong to him alone but also to his wife. 1 Cor 7:4

God's guide for using Christian freedom in matters of the body (tattoos, piercings, consumption of alcohol, smoking.)

Be careful, however, that the exercise of your freedom does not become a stumbling block to the weak. ...¹³ Therefore, if what I eat causes my brother to fall into sin, I will never eat meat again, so that I will not cause him to fall. 1 Cor 8:9,13

So whether you eat or drink or whatever you do, do it all for the glory of God. ³² Do not cause anyone to stumble 1 Co 10:31-32

How do you offer the body as a living sacrifice? Why?

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. -Rom 12:1

