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Honor God With Our Bodies

Heavenly Wholeness, Part 5

"Training your body helps you in some ways, but serving God helps you in every way. Serving God brings you blessings in this life and in the future life, too" (1 Timothy 4:8 ICB)"

The verse begins by acknowledging the significance of physical training. It acknowledges that taking care of one's body is essential and engaging in physical activities and caring for our bodies is a stewardship responsibility. However, the verse wisely points out that physical training has its limitations - it "helps in some ways." The body, though important, is temporal, and its well-being is limited to this present life.

In contrast, Paul highlights in this letter to Timothy, the incomparable significance of godliness, referring to a life that aligns with the divine principles, seeking to reflect the character of God in all aspects. The pursuit of godliness holds value for "all things," emphasizing its comprehensive impact on a person's life. It extends beyond the present life and carries eternal implications, connecting believers with God both in this life and the life to come.

There are three things we can focus on as we honor God with our bodies. First is to maintain a healthy **BALANCE** between physical well-being and spiritual growth. Neglecting one in favor of the other results in an incomplete and unfulfilled life.

Second is cultivating an ***ETERNAL PERSPECTIVE***. This serves to remind us to focus not only on earthly matters but also on the state of our souls, our relationship with God as well as others.

Third is striving for ***WHOLENESS***. It influences our behavior, decisions, relationships, and attitudes, leading to a fulfilling existence by God's design.

By embracing this holistic approach, we can experience a fulfilling and purposeful existence, aligning our lives with divine principles and securing a promising future beyond this temporal world.

The apostle Paul addresses a variety of issues that plagued the early Christian community in Corinth. One of the most significant concerns he raises in chapter 6 is the improper treatment of the physical body, which he metaphorically refers to as the temple of the Holy Spirit. This verse, serves as a reminder to believers about the sacredness of their bodies and the responsibility to honor, steward and train them in service to "heavenize our world."

In 1 Corinthians 6:19, Paul writes, "You should know that your body is a temple for the Holy Spirit. The Holy Spirit is in you. You have received the Holy Spirit from God. You do not own yourselves."

This statement highlights the intimate connection between the believer and God through the indwelling of the Holy Spirit. As Christ followers, receiving the Holy Spirit signifies His presence within us. This divine dwelling makes our bodies sacred in fulfillment of the great commission.

Paul emphasizes that our bodies are not our own; they belong to God. Therefore, we are called to honor and glorify God in our bodies. This involves making righteous choices, steering clear of immorality, and living a life that aligns

with God's commandments. When we disregard this call, engage in sinful behaviors or defile our bodies, we dishonor the temple of the Holy Spirit.

1 Corinthians 6:20 continues with, "You were bought by God for a price. So honor God with your bodies."

These verses underscore the redemptive act of Jesus Christ's sacrifice on the cross, which has bought us back from the bondage of sin. As a result, we are no longer slaves to sin but have become servants of righteousness. Our bodies are instruments through which we can now honor God by living lives of purity and holiness.

This verse also carries significant implications for how we treat our physical bodies in practical terms. As temples of the Holy Spirit, we are encouraged to take care of our bodies and maintain good health. Engaging in self-destructive behaviors, such as substance abuse or neglecting physical well-being, not only dishonors God but also undermines our ability to fulfill His purpose for our lives.

Let us remember to sanctify our bodies as temples of the Holy Spirit. As believers, we are called to honor God by living pure and holy lives, abstaining from sinful behaviors, and cherishing our physical well-being. Recognizing that our bodies are not our own, but rather a gift from God, should prompt us to align our actions with God's will and purpose for our lives. Let us, then, heed the call to honor the temple of the Holy Spirit, offering our bodies as living sacrifices to the One who has redeemed us and made us His own. Let us, therefore, be inspired by the timeless wisdom of these verses and endeavor to lead lives marked by the pursuit of godliness.

DISCUSSION QUESTIONS

1. What does it mean for our bodies to be a temple of the Holy Spirit, and how does this impact our actions and behaviors?

2. In what ways does emphasizing the importance of self-care and maintaining a healthy lifestyle reflect honor and reverence toward God?

3. How does the concept of "you are not your own" challenge the prevailing individualistic mindset and encourage believers to surrender their lives to God?

4. How can believers strike a balance between spiritual stewardship of their physical bodies, without falling into the trap of vanity or idolizing their appearance?

5. As followers of Christ, how can we practically apply the teachings of 1 Corinthians 6:19-20 in our daily lives to glorify God and serve as a witness to others?