



TRANSFORMING MY PHYSICAL HEALTH

WHAT GOD SAYS ABOUT MY BODY

*²Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. **3 John 1:2 (NIV)***

*12 "I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything. 13 You say, "Food for the stomach and the stomach for food, and God will destroy them both." The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body. **1 Corinthians 6:12-13 (NIV)***

Six radical counter-culture concepts that pertain to our bodies.

1. MY BODY IS GOD'S _____.

- Nothing in life belongs to me. God has only loaned everything.

*For you created my inmost being; you knit me together in my mother's womb. 14 I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. **Psalms 139:13-14 NIV***

2. GOD EXPECTS ME TO _____ MY BODY.

- We are all only God's administrators and God expects us to manage well what He has handed over to us.

*I will not be mastered by anything. **1 Corinthians 6:12 NIV***

3. MY BODY WILL BE _____ AFTER I DIE.

By his power God raised the Lord from the dead, and he will raise us also.

1 Corinthians 6:14 NIV

- When God resurects our bodies they will be rebuilt into modern, heavenly and flawless models.

4. MY BODY IS CONNECTED TO THE _____ OF _____.

Do you not know that your bodies are members of Christ himself? 1 Corinthians 6:15 NIV

- My body represents the body of Christ. Jesus gave up his body for you and He wants you to honor Him with yours.

5. THE HOLY SPIRIT _____ IN MY BODY.

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? 1 Corinthians 6:19 NIV

- God resides in me when I accept Christ.

16 Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst? 17 If anyone destroys God's temple, God will destroy that person; for God's temple is sacred, and you together are that temple. 1 Corinthians 3:16-17 NIV

6. JESUS _____ MY BODY ON THE CROSS.

- Christ not only paid the price for your soul but also for your body.

You are not your own; you were bought at a price. Therefore honor God with your bodies.

1 Corinthians 6:19-20 NIV

brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Romans 12:1 NIV

Answers: 1. Property. 2. Manage. 3. Resurrected. 4. Body, Christ. 5. Lives. 6. Bought.