

God's Plan For Your Body

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I. What The Bible Teaches Us About Our Body

- A. How your body was made (Gen. 2:7; Ps. 139:13–16)
 - 1. Partly from dust/clay
 - 2. Partly from above/Spirit
- B. Purpose for which our body was made: A temple of the Holy Spirit (1 Cor. 6:19 [John 7:38–39; Ps. 16:9; Acts 2:26])
- C. Consequence of man's fall
 - 1. Corruption (Eph. 4:22; 1 Cor. 15:42)
 - 2. Body of humiliation (Phil. 3:21)
- D. Redemption is for the *whole* person (1 Pet. 2:24; 1 Thess. 5:23; 1 Cor. 6:19–20)

II. In This Present Period

- A. Our response to God—Present our bodies a living sacrifice (Rom. 12:1)
- B. God's provision for us
 - 1. Holy Spirit (Rom. 8:10–11)
 - 2. His Word (Ps. 107:17; Heb. 4:12; Prov. 4:20–22)
- C. Our corresponding responsibilities
 - 1. Total holiness (1 Thess. 4:3–5; 5:23; 1 Cor. 6:13–18)
 - 2. Self-control (1 Cor. 9:24–27; Phil. 3:12)

III. Culmination Of God's Provision: Resurrection (Phil. 3:8, 17)

Conclusion: If you want God's best:

- 1. Present your body to God as a living sacrifice
- 2. Take hands off and hand it over to God