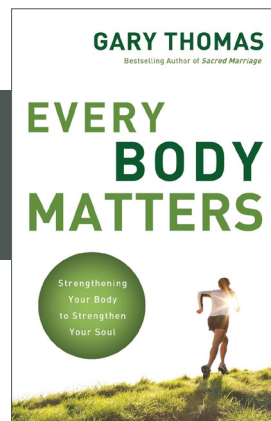




EVERY BODY MATTERS SESSION NOTE GUIDE

GARY THOMAS



MAIN POINT: Body care - what we eat and how active we are - is an aspect of Christian discipleship and worship. (2 Corinthians 7:1)

“When Christians talk about body care, it should be with an entirely different motivation than we might hear from secular sources.”

GOOD HEALTH WILL REQUIRE US TO CONFRONT AND RESIST...

OUR CULTURE

- From God's view, body care is not about creating an artificial shape, but about living the abundant life.
- The appropriate motive for the Christian in body care is to treat your body as an instruments instead of an ornament. (Romans 6:13, Romans 12:1)
- When we offer our bodies to God as instruments of worship, our holiness and acceptance before God doesn't rest on the shape of our bodies, but on the bruised and broken body of Jesus Christ.
- God knows our individual bodies - their design and their capacities. He does not judge or compare us with arbitrary cultural or even personal standards. He is only interested in our faithful stewardship over the bodies He owns and has entrusted to us. (1 Cor 6:19-20)

OUR OWN PREFERENCES AND PRIORITIES

- Our own opinions, priorities, and practices in regard to our bodies are not nearly as important as what God's opinions, priorities and practices are.
- After God's ultimate ownership, the married person's spouse should be the next most influential voice speaking to their body care. (1 Corinthians 7:4)
- In a marriage relationship, the emphasis is not so much to be on "looking sexy", but on being able to "perform sexually."
- While pornography hinders our ability to be mentally excited about our spouse, obesity hinders our ability to physically/sexually function with our spouse.

"Biblically, our spouses have no other option for sexual fulfillment. So it's my responsibility, as much as it is within my power, to make myself available to my spouse."

SPIRITUAL CHALLENGES

- Spiritually engaging our health journey develops humility and perseverance. (James 1:4)

"Body care requires immediate sacrifice for delayed rewards. Indulgence has immediate benefits but delayed consequences."

OUR EMOTIONAL CRUTCHES

- The goal of many food engineers today is not to develop foods that help meet your health needs, but foods that meet an emotional need.

"Instead of pursuing the abundant life, we settle for the 'just get through it' life... in the 'just get through it' life, we're medicating the pain of our life... Some use drugs, others nicotine or alcohol. Many more use food and sugar."

I don't know about you, but I'm running hard for the finish line. I'm giving it everything I've got. No lazy living for me! I'm staying alert and in top condition. I'm not going to get caught napping, telling everyone else all about it and then missing out myself.
1 Corinthians 9:26-27 (The Message)

“What our body is today speaks primarily of our past... but we can ask for wisdom, pray for spiritual strength and surrender our bodies now and know we are pleasing to God. Now He can help us address things that need changing so we can live the abundant life.”