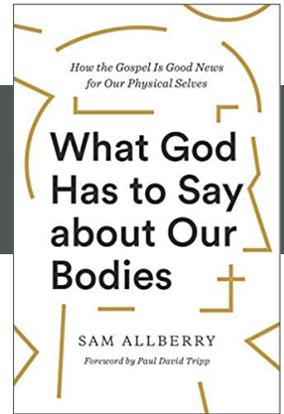




THE BODY IS FOR THE LORD: HOW THE GOSPEL IS GOOD NEWS FOR OUR BODIES

SAM ALLBERRY



¹⁹Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, ²⁰for you were bought with a price. So glorify God in your body.

- 1 CORINTHIANS 6:19-20 (ESV)

THE BODY OF THE CHRISTIAN BELONGS TO JESUS

“No one has an entirely straightforward relationship with their body. Many struggle in some way with how their body looks.”

“If our bodies belong to Jesus, the only one our bodies need to please is Jesus.”

STEWARDSHIP OF OUR BODIES

FEEDING IT....

CARING FOR IT...

In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, because we are members of his body.

- Ephesians 5:28-30

For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

- 1 Timothy 4:8

DISCIPLINING OUR BODIES (1 COR 9)

“God gave me a message to deliver and a horse to ride. I killed the horse, and now I cannot deliver the message.” – Robert Murray McShane

WE OFFER OUR BODIES TO JESUS... (ROM 12:1)

OUR FEET....

OUR HANDS....

OUR EYES....

OUR SEXUALITY....

JESUS OFFERED HIS (PERFECTLY STEWARDED) BODY TO US

“The body that is pleasing to Jesus is the body that is offered to Jesus.”