

Building A Strong Body
#SermonBody
Built Strong Part 2
Dr. Mark Jackson, August 12, 2018

3 John 1:2 I pray you are as **healthy in body** as you are strong in spirit. (NLT)

Psalm 32:3 When I **refused to confess my sin, my body wasted away**, and I groaned all day long. (NLT)

Psalm 119:67 Before I suffered, I did wrong. But **now I obey your word**. (ICB)

My Body is _____

What God Says About My Body

1. MY BODY IS A TREASURE FROM GOD

Psalm 139:13-14 **You made** all the delicate, inner parts of **my body** and knit them together in my mother's womb. ¹⁴ Thank you for **making me so wonderfully complex!** It is amazing to think about. **Your workmanship is marvelous**—and how well I know it. (LB)

1 Corinthians 6:14-15 God honored the Master's body by raising it from the grave. **He'll treat yours with the same resurrection power.** ¹⁵ Until that time, remember that **your bodies are created with the same dignity as the Master's body.** You wouldn't take the Master's body off to a warehouse, would you? I should hope not. (MSG)

Action Step - I must keep my body PURE

1 Corinthians 6:13b ...We are **not supposed to do indecent things with our bodies.** We are to use them for **the Lord who is in charge of our bodies.** (CEV)

2 Corinthians 7:1 ...let us **purify ourselves** from everything that **contaminates body** and spirit, perfecting holiness **out of reverence for God.** (NIV)

2. MY BODY IS A TOOL FOR GOD

Romans 6:13 Do not let any part of your **bodies become tools of wickedness**, to be used for sinning; but **give yourselves completely to God**—every part of you—for you are back from death and you want to be **tools in the hands of God**, to be used for his good purposes. (LB)

-I must SERVE GOD with my body

Romans 6:19 ...in some ways you are still weak. You used to let the different parts of your body be slaves of your evil thoughts. But now you must **make every part of your body serve God**, so that you will belong completely to him. (CEV)

3. MY BODY IS A TEMPLE OF GOD

1 Corinthians 6:19 Do you not know that **your body is a temple of the Holy Spirit**, who is in you, whom you have received from God?... (NIV)

-I must HONOR GOD with my body

1 Corinthians 6:19b-20 ...You are not your own; you were bought at a price. Therefore **honor God with your body**. (NIV)

1 Thessalonians 4:4 Each of you should learn to **control your own body** in a way that is **holy and honorable**. (NIV)

4. MY BODY IS A TRUST FROM GOD

1 Corinthians 6:12-13 Some of you say, "We can do anything we want to." But I tell you that not everything is good for us. So **I refuse to let anything have power over me**.¹³ You also say, "Food is meant for our bodies, and our bodies are meant for food." But I tell you that God will destroy them both. We are **not supposed to do indecent things with our bodies**. We are to use them for **the Lord who is in charge of our bodies**. (CEV)

-I must MANAGE my body

1 Corinthians 9:27 I **keep my body under control and make it my slave**, so I won't lose out after telling the good news to others. (CEV)

Galatians 2:20 My old self has been **crucified with Christ**. It is no longer I who live, but **Christ lives in me**. So **I live in this earthly body by trusting in the Son of God**, who **loved me** and **gave himself for me**. (NLT)