

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)