

# Sacred 4-Letter Words: BODY

Study Guide for Small Group Discussion and Personal Application  
Lynn Haven UMC – February 21, 2021 – Pastor Terry Tatum

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In this sermon series we are looking at four-letter words that help us live as God intends us to live. In recent weeks we have been encouraged to be PURE in heart, transform our MIND, and surrender our WILL. This week we will consider what the Bible says God wants us to do with our BODY.

Many of us struggle with our bodies – the way we look, how we feel about ourselves, or what we put into our bodies (food, alcohol, or drugs). Maybe you have never considered what God wants us to do and think about our bodies. Consider this:

## 1) Created Body

We live a culture that worships the body and plastic surgery is an industry that generates over \$65 billion a year in the USA. However, studies show that 95% of us do not have the “ideal body type” as our culture defines it.

Many of us are trying to look how the world says we should look – instead of embracing how God made us and who He says we are. You were created to be you, and your body is a temple of God, a holy space. It is the only body you will ever have, and you are called to take good care of it.

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

## 2) Related Body

We need relationships! The Bible has much to say about our physical relationships, in particular in the context of marriage. Marriage is the only Biblically acceptable place we are to find an intimate physical relationship with someone else.

*“...a man will leave his father and mother and be united to his wife, and the two will become one flesh.” (Ephesians 5:31 NIV)*

Marriage is also about commitment and self-sacrifice, not just feelings. We are called to give ourselves fully and selflessly to our spouse and to Christ.

*“Wives, submit to your husbands as to the Lord.” (Ephesians 5:22 NIV) “However, each one of you also must love his wife as he loves himself, and the wife must respect her husband”. (Ephesians 5:33 NIV)*

### **3) Sacramental Body**

A sacrament is a “sacred moment” and there are two that Jesus commanded his followers to observe – communion and baptism. Both of these sacred experiences involve our bodies.

In communion we take the bread and wine as a remembrance of what Christ has done for us. *“Do this in remembrance of me.” (1 Corinthians 11:24b NIV)* Whenever we participate in the Lord’s Supper, it is an opportunity to recommit ourselves to Him.

In baptism we proclaim to the community that we have chosen to follow Christ. *“Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.” (Matthew 28:19 NIV)*

### **Conclusion**

*“You were bought at a price, therefore honor God with your body.” (1 Corinthians 6:19-20)*

You have an opportunity right now to repent, find forgiveness and healing, and start over again. Ask yourself:

⇒ Do I value my body and take care of it? Repent of any incorrect thinking and of any failure to care for your body. Ask God for forgiveness and wisdom for the way forward.

⇒ Is there anything I have done with my body that was contrary to God’s good plan? Think about what you put into your body. Or perhaps you have been in a physical relationship that was outside of what God intended for you. Repent of these things. Ask God for forgiveness and wisdom for the way forward.

⇒ What one thing can you do this week (or during this season of Lent) to take better Biblical care of your body and your relationships? Share this with someone else and ask them to hold you accountable.