

Every Body Matters

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I. Body care is an aspect of Christian _____ and _____

“With promises like this to pull us on, dear friends, let's make a clean break with everything that defiles or distracts us, both within and without. Let's make our entire lives fit and holy temples for the worship of God.”
2 Corinthians 7:1 (MSG)

II. Difference between God's Approach and Hollywood's Approach

God's approach is about _____ life

Hollywood's approach is about an _____ shape

This is where the _____ truth of Jesus Christ helps us overcome the _____ challenge of healthy living

III. An Entirely New Motivation

We treat our bodies as _____ instead of _____

“Offer your bodies as living sacrifices, holy and pleasing to God — which is your spiritual worship.”
Romans 12:1 (NIV)

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body.”

1 Corinthians 6:19-20 (NIV)

My body doesn't _____ to me

IV. The _____ Challenge

“God opposes the proud, but shows favor to the humble”

Proverbs 3:34; James 4:6; 1 Peter 5:5

Body care requires _____ sacrifice for _____
rewards

Indulgence has immediate _____ and _____
consequences

Jesus, _____

V. Caring for your _____ is caring for your _____

“I'm running hard for the finish line. I'm giving it everything I've got. No sloppy living for me! I'm staying alert and in top condition. I'm not going to get caught napping . . .”

1 Corinthians 9:26-27 (MSG)