

THE GODLY MAN'S BODY

-or-

You belong to God, body and all, so start acting like it

-or-

Don't rust out

----- 1 Corinthians 6:19-20 -----

“Or 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, for you were bought with a price. So glorify God in your body.”

Saint, you have been purchased by Christ, body and soul, to serve Him in life here and life eternal as the true King of All, the Most High. In this earthly life you must rule yourself well to the glory of the King, this includes stewarding well the physical body which God has providentially given you as the very temple of the Holy Spirit.

Introduction:

The Puritans saw all of life as to be live “CORAM DEO”, that is to be lived “BEFORE THE FACE OF GOD.”

Indeed the whole of our life is laid clearly before the Lord. He knows more of us than we could ever grasp.

- He has ordered our steps, **“The steps of a man are established by the Lord” -Psalm 37:23**
(He has ordered *YOUR* steps)
- He sees all that we do, **‘For your ways are in full view of the Lord, and he examines all your paths. The evil deeds of the wicked ensnare them; the cords of their sins hold them fast. For lack of discipline they will die...’ -Proverbs 5:21-23**
(He sees all that *YOU* do)
- He full well understands our motives, **“All the ways of a man are pure in his own eyes, but the Lord weighs the *spirit* (i.e. motives).” -Proverbs 16:2**

(He full well understands *YOUR* motives)

This really helps us to see that God is fully aware of what we do (or don't do) with our physical bodies and we see clearly how we should regard them in 5 truths from 1 Corinthians 6:19-20

1) You must know that our body is a temple of the Holy Spirit (vs 19a)

“Or do you not know that your body is a temple of the Holy Spirit within you”

-Do you know this?

-The Holy Spirit resides in you Saint, sanctifying you and applying the word of truth to you that it would change what you do in your body to align with what God commands you do with your body.

-Do you treat your body as is fitting for the Holy Spirit?

-Is your body cared for as a temple for the Holy Spirit should be cared for?

-God has made you male and the proper temple for the purposes God has for you will look different than a female temple for the Holy Spirit

2) You must know that our body is a gift from God (vs 19b)

“whom you have from God”

-Do you know this?

-God has made all things including your body, and He has seen fit to bless you with it.

-Do you care for your body as you should care for a gift from God?

-Have you ever broken a gift someone has given you? I have, the gift of a skateboard from my parents, it was accidental and I felt sick to my stomach for it. How much more sickening is it to purposefully neglect the gift of God that are our bodies leading to their deterioration by lack of exercise or to purposefully hurt them with what or how much we eat?

3) You must know that our body belongs to Jesus (vs 19c)

“You are not your own”

-Do you know this?

-Christ is your master. Christ is your king. In Revelation 19:16 we read “On his robe and on his thigh he has this name written: KING OF KINGS AND LORD OF LORDS.”

-Do you treat your body like it is Christ’s?

-Do you prepare your body to physically serve Jesus in all He commands you to do with it?

-To provide Spiritually for your family, Sustenance for your family, Protection for your family?

4) You must know that our body was purchased by Christ (vs 20a)

“for you were bought with a price”

-Do you know this?

-Christ came down to purchase you by being raised up on that dreadful cross you deserve.

What a blessed savior and master.

- Do you use your body for the purposes of Jesus, it’s owner?

-Are you physically fit to serve Christ and His church?

5) You must have God glorified in it (vs 20b)

“So glorify God in your body”

-Do you know this?

-God COMMANDS you to

-Have you considered the physical ways you can glorify God by stewarding your body well?

Knowing God is omnipresent, that all things are seen and searched by Him even into your own hearts and motives, and that your body in which the Holy Spirit resides is a gift from God purchased by Christ, I think there are therefore 3 primary ways to steward the physical body God has made yours and therefore glorify God in it: FUEL it well, EXERT it well, and REST it well. And by “Well” I mean with right motives, honoring to God who perfectly knows our motives. Remember, your motives are often illustrated by your physical bodies as John Owen has pointed out *“Leanness of body and soul may go together.”* Also, remember your physical body is a blessing when disciplined and a temptation otherwise. Therefore I have these practical applications and clarifications for common objections...

We Must Take Care to Fuel our Body Well

“Have I not sinned against my teeth? How? By sinful, graceless, excessive eating...” -Cotton Mather

Cotton Mather essentially blamed his sinful heart for his physical toothache. Even saying it was the sinful physical action of overeating that had physical consequence.

-I'd say our spiritual food and nourishment must effect physical changes with how we physically function. The fuel for our soul must change how we fuel our bodies for it is said that faith without works is dead. This is one such example.

-God commands you to glorify Him in your body and has much to say about the sin of unhealthy eating:

Whether it be eating too little “The righteous has enough to satisfy his appetite but the belly of the wicked suffers want.” Proverbs 13:25

Or eating too much “Hear, my son, and be wise, and direct your heart in the way. Be not among drunkards or among gluttonous eaters of meat, for the drunkard and the glutton will come to poverty, and slumber will clothe them with rags.” Proverbs 23:19-21

-But take care not to make a God of your stomach but with right motive seek to glorify God with what you eat.

“Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things.” Phillipians 3:19

Boys: Do not let your belly be your God. You must eat the good and healthy food your parents provide you with. It doesn't matter if you don't always like the taste. I hope you do sometimes. But what is most important in your eating is glorifying God.

Dads: Do not be priests in the hall of your kids appetite Gods. Teach them the truth of how God cares for their health, and provide good food for them to the glory of the Lord.

Practical Application:

- Repent if necessary (if you eat unhealthily and don't steward your body well by fueling it in a God glorifying way)

- Eat proper portions (food, drink, alcohol, tobacco, sustenance, celebration)

- Eat real food (buy from farmer/rancher friends, if it comes in a box...woof)
- Watch out for estrogen (look it up, it's in much and makes you effeminately soft)
- Grow a garden (the best way to know the quality of your food, and more on this in the next point)

A Clarification of Common Objections

“Not everyone can afford good food”

- Grow a garden from seed or take part in a community garden (obviously flawed but do what you can with what you've got), permaculture experiment.

- Out of what is available, choose the best, closest to the original food you can.

We Must Take Care to Exert our Body Well

“For a Christian to use recreation is very lawful, and in some cases a great duty.” - John Winthrop

John Winthrop went on to write in his journal...”When I had some time abstained from such worldly delights as my heart most desire ... I grew into a great dullness and discontent: which being at last perceived, I examined by heart, and finding it needful to recreate my mind with some outward recreation, I yielded unto it, and by a moderate exercise herein was much refreshed.”

-I'd say that the connection between our mental, physical, and spiritual health are all interconnected and related. Through spiritual understanding from God's word in 1 Corinthians we see that our physical bodies should be shaped to be fitting to glorify God with and honor the Holy Spirit that resides in them. When they are fit for Christ's service they are much less of a temptation to wallow in depression but have that physical effect to change our earthly mental happiness. God made us so that physical exertion would help us spiritually.

-God has designed us physically to be more joyful when our bodies are (or have recently been) physically exerted. Literal endorphins are released in our brain.

“For you, O Lord, have made me glad by your work, at the works of your hands I sing for joy.” -

Psalm 92:4

-We, as God's image bearers, should take joy in hard work as well!

-And look to that great physical work of Christ in His earthly ministry. All the walking and working until His steps lead to His great work on the cross. Oh, what joy we have in His hard

work. Let us prepare ourselves and endeavor to do hard physical work for those in our charge. To serve them in similar Christlike ways. Let us not be slothful in this zeal! “Through sloth the roof sinks in, and through indolence the house leaks.” Ecclesiastes 10:18

-Slothfulness = severe laziness, sluggishness or Indolence = avoidance of activity or exertion

Sloth in leading to Christ and doing His work causes to family roof to sink in from the weight of ungodliness and causes the house walls to leak in heresy. Or the TV or Computer or Phone or Radio to flood in the catechisms of the world and the lies of the father of lies, Satan. We must not serve him in sloth but Christ in zeal!

-We must also serve our master, Christ, well with our physical bodies, being prepared to do all things as unto Him. Especially beginning with serving those in the household of the faith.

“whoever serves, as one who serves by the strength that God supplies—in order that in everything God may be glorified through Jesus Christ. To him belong glory and dominion forever and ever. Amen.” -1 Peter 4:11

-We should be about the work of physically training our bodies to do all the best we can in serving our brothers and sisters in Christ.

-But take care not to make an idol of your health, or your physique. We should be fit for Christ’s service, not fit for the lusts of the flesh. Here more from Winthrop’s journal... “But here grew the mischief: I perceiving that God and mine own conscience did allow me so to do in my need, I afterwards took occasion from the benefit of Christian liberty to pretend need of recreation when there was none, and so by degrees I ensnared my heart so far in worldly delights as I cooled the graces of the spirit by them. Whereby I perceive that in all outward comforts, although God allow us the use of the things themselves, yet it must be in sobriety, and our hearts must be kept free, for he is jealous of our love.”

“Yet when I surveyed all that my hands had done and what I had toiled to achieve, everything was meaningless, a chasing after the wind; nothing was gained under the sun.” Ecclesiastes 2:11

-This will truly be the accomplishment of your exercising endeavors if you do not do them to glorify God in your body.

-It doesn't matter how you look. Are you healthy. No one should care how you look. They should care about your health. All of you men are fit for different purposes, to glorify God in the different vocations he's got you working. There is a real temptation in the vain race of men to exercise for all the wrong, vain, reasons. Guard yourself against this, but don't throw the healthy baby out with the lard.

“Christians must not be slothful. Idleness is the devil's bath; a slothful person becomes a prey to every temptation. Grace, while it cures the heart, does not make the hand lame. He who is called of God, as he works for heaven, so he works in his trade.” - Thomas Watson”

Practical Application:

- Repent if necessary (if you exercise unhealthily or are indolent and don't steward your body well by exerting it in a God glorifying way)

- Run (Eliot runs almost a 5k with me 1-2 times a week, this is good for us)

- Work out (body weight exercise, push-ups, pull-ups, sit-ups, etc, this is cheap and you can start tomorrow)

- Don't go to the gym (flee from the temptation that most gyms are designed to profit from, also promiscuous women who lack morals frequent them)

- Grow a garden (It is good for man to literally work his original work and to eat of it. In doing so many the metaphors and figurative language of the word of God are literally tasted, physically experienced, and more thoroughly understood) This will make you sweat, which is a penalty from the fall and now necessary for our health.

A Clarification of Common Objections

“What if the body God has providentially provided me is significantly flawed physically”

- If it is now flawed due to past sin, do your best to correct it

- If you were born with or developed the flaw naturally, as my Dad always says, “Do what you can with what you've got”

- This means much more for the Christian man knowing that we are regenerate in our very body, not that our bodies are made perfect, but the perfect Holy Spirit resides in them causing us to will and to want the ways of the Lord, which then relegates the stewardship of our earthy bodies to a spiritual, Christian endeavor. This gives credence to what for some will be an uphill battle and comfort to those who look forward to their glorified body because the difference will be even more substantial on that day of glorification.

We Must Take Care to Rest our Body Well

Do not tell me that there is no rest for us till we get to heaven. We who have believed in Jesus enter into rest even now. Why should we not do so? Our salvation is complete. The robe of righteousness in which we are clad is finished. The atonement for our sins is fully made. We are reconciled to God, beloved of the Father, preserved by His grace, and supplied by His providence with all that we need. We carry all our burdens to Him and leave them at His feet. We spend our lives in His service, and we find His ways to be ways of pleasantness, and His paths to be paths of peace. Oh, yes, we have found rest unto our souls! I recollect the first day that I ever rested in Christ, and I did rest that day. And so will all of you who trust in Jesus as I trusted in Him. -Charles Spurgeon

Charles Spurgeon knew well the rest we have in Christ and how we experience it even in our earthly lives.

Though he speaks here more to a spiritual rest. We find even rest for our bodies, which have been about spiritual work physically, on the Sabbath Day, the Lord's Day.

-As God worked and rested, so should we as His image bearers. Here the word of the Lord and the joy that comes in keeping the Sabbath Day holy.

“If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the Lord's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the Lord, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob.” For the mouth of the Lord has spoken.” Isaiah 58:13-14

-I pray that you would work hard and experience the need for rest and not the guilt of sloth. There is indeed joy in working heartily unto the Lord and resting on His day.

Men, we should be the most tired in our homes.

Boys, you should start working to that end, practicing now, alongside your dads.

Conclusion:

So, whether you eat or drink, or whatever you do, do all to the glory of God. 1 Corinthians 10:31

This means:

FUEL your body to the GLORY OF GOD

EXERT your body to the GLORY OF GOD

REST your body to the GLORY OF GOD

For, “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, for you were bought with a price. So glorify God in your body.” 1 Corinthians 6:19-20

May you be a soldier fit to battle for King Jesus in all ways, with all the armor of God oiled and well worked in practice, so that on your day to slay whatever dragon God sets before you, that armor will be in good order, fit well to you, not rusting in the corner.