

What is a Human?

This is a neglected part of the Bible’s teaching

If we don’t intentionally make disciples, the culture will. If we don’t know what the Bible says about the body, we will get our ideas from the culture.

Body and spirit

Genesis 2:7 – Ground is from the Hebrew אֲדָמָה

Genesis 2:20 – Adam is from the Hebrew אָדָם

The point? They are the same word. “Adam” or “man” is the same word as ground. Our existence is essentially physical, tied to the earth.

Our Culture: The Fragmented Self

Cultural views of the body

Modern Science → You are only your body

Modern Culture/Digital Culture → Your body doesn’t define you in any meaningful way

Escaping our body?

Plastic surgery as a rite of passage

Increasingly digitalized existence, remote working, distant friendships

The body as an obstacle (Alter Ego)

Not even celebrities’ perfectly crafted bodies are good enough

The Good Creation

A severe warning (1 Tim. 4:1-2)

Denying the goodness of creation (1 Tim. 4:3-4)

We should taste, handle, touch! (Colossians 2:20-23)

The example of Jesus (Matt 11:19)

Go Enjoy Your Body!

Go be physical this week (in play, in marriage, etc.)

Go eat food with thankfulness (Dt. 14:25-26)

Questions for Personal Study

1. Why is it important to understand that everything created by God is good and nothing is to be rejected, and is made holy by prayer?
2. Why do people need physical connection with other people (handshakes, hugs, etc.?)
3. What has this sermon taught you? Has it reminded you of anything important?
4. How did Jesus model feasting and physicality? How might we be more like him?