

Embodied Shalom: How then Shall We Live?

Psalm 63

Psalm 63:1-8 (NIV 1984)

O God, you are my God, earnestly I seek you;
My soul thirsts for you, my whole body longs for you,
in a dry and weary land where there is no water.

² I have seen you in the sanctuary
and beheld your power and your glory.

³ Because your love is better than life,
my lips will glorify you.

⁴ I will praise you as long as I live,
and in your name I will lift up my hands.

⁵ My soul will be satisfied as with the richest of foods;
with singing lips my mouth will praise you.

⁶ On my bed I remember you;
I think of you through the watches of the night.

⁷ Because you are my help, I sing in the shadow of your wings.

⁸ I cling to you; your right hand upholds me.

The Doctrine of Being Human

Who are we?

- We are God's created creatures, made in his image (Gen 1:26-27).
- We are creatures who are dependent on our Creator, who are dependent on one another, and who are dependent on creation (Gen 1:28, all of chapter 2).
- Colossians 3 describes the lives of followers of Jesus – Christ is our life (vs 4), our life is hidden in him (vs 3), we are holy, chosen, and beloved (vs 12).

What are we?

- We are God's creatures who have psychosomatic unity.

Then the LORD God formed the man out of the dust from the ground and breathed the breath of life into his nostrils, and the man became a living being. Genesis 2:7

We don't have a body; we are a body.

How then shall we live? How do we live with Embodied Shalom, peace and wholeness? What do we do?

1. We live our life for and before God, body and spirit:

- Our bodies belong to Jesus.

Don't you know that your body is a temple of the Holy Spirit who is in you, whom you have from God? You are not your own, ²⁰for you were bought at a price. So glorify God with your body. 1 Corinthians 6:19-20

- We are part of New Creation.

Therefore, if anyone is in Christ, he is a new creation; the old has passed away, and see, the new has come! 2 Corinthians 5:17

- We belong to one another.

For just as each of us has one body with many members, and these members do not all have the same function, ⁵ so in Christ we, though many, form one body, and each member belongs to all the others. Romans 12:4-5

Embodied church engagement is a priority. A few people don't need to increase their capacities if everyone is sharing the load. We give, serve, pray, and show up for one another.

Each of you should use whatever gift you have received to serve others, as faithfully administering God's grace in its various forms. 1 Peter 4:10

Questions:

In light of our bodies belonging to Jesus, to new Creation, and to one another, how do your behaviors and actions change? Does this sort of belonging feel vulnerable? Secure? Explain.

2. We take care of our bodies.

- We think of our bodies as image – a window through which we display the radiance of Jesus, a window through which we see God because we are made in his image.
- We prioritize working well, resting, eating well, drinking plenty of water, and moving our bodies.

Prioritize body as image and caring for your body for the sake of love.

The "Centenarian Decathlon" is a list of 10 physical and lifestyle tasks you want to be able to perform when you are 100 years old to maintain independence and a high quality of life.

- We don't chase spiritual experiences, but we faithfully use our bodies to seek God – a long obedience in the same direction.

"We pray and worship with our body when our heart and mind don't want to, so that our soul eventually catches up." - Tish Harrison Warren

"You may not be able to command your heart, but you can command your arms." - Eugene Peterson

Questions:

How does thinking about your body as imaging God affect how you take care of yourself?

What are some items on your Centenarian Decathlon list?

What is the difference between faithfully using your body to seek God versus seeking spiritual experiences?

3. We recognize that our bodies are always somewhere, not anywhere or everywhere, but somewhere:

- We are at home where we are, God assigned you for this time in this place to have life in your body.

- We are at home with our people. If you are married, this is a fixed, unaltered physical point of orientation — what God has joined together, let no one separate. Family, close friends, people you can be your authentic self with.
- We are at home with the Triune God, with all the saints, in the church which is the body of Christ.
- We also recognize that this is not our final home. We wait for Jesus to come and make all things new.

Questions:

What does it mean to you to be at home?

What are some take aways from this series you hope to ponder and apply to your own life? How then shall you live?

Therefore, my dear brothers and sisters, be steadfast, immovable, always excelling in the Lord's work, because you know that your labor in the Lord is not in vain. 1 Corinthians 15:58