



**First – Part 3 – Health First**  
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You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it. – Psalm 139:13-14

### **3 TRUTHS ABOUT MY BODY**

#### **1) MY BODY WAS CREATED BY GOD AND FOR GOD.**

For by him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created by him and for him.  
– Colossians 1:16

#### **2) AS A FOLLOWER OF JESUS, MY BODY IS THE TEMPLE OF THE HOLY SPIRIT.**

##### **Memory Verse:**

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body. - 1 Corinthians 6:19-20

#### **3) I WILL HAVE A BODY IN ETERNITY.**

It is the same way with the resurrection of the dead. Our earthly bodies are planted in the ground when we die, but they will be raised to live forever. Our bodies are buried in brokenness, but they will be raised in glory. They are buried in weakness, but they will be raised in strength. - 1 Corinthians 15:42-43

### **3 STEPS TO HONORING GOD WITH MY BODY**

#### **1) DELIVER MY BODY FROM TEMPTATION.**

Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak. – Matthew 26:41

Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body.  
- 1 Corinthians 6:18

#### **2) DISCIPLINE MY BODY TO DO WHAT IS BEST.**

I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified. - 1 Corinthians 9:27

#### **3) DEDICATE MY BODY TO GOD.**

And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. – Romans 12:1

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. – 3 John 2