

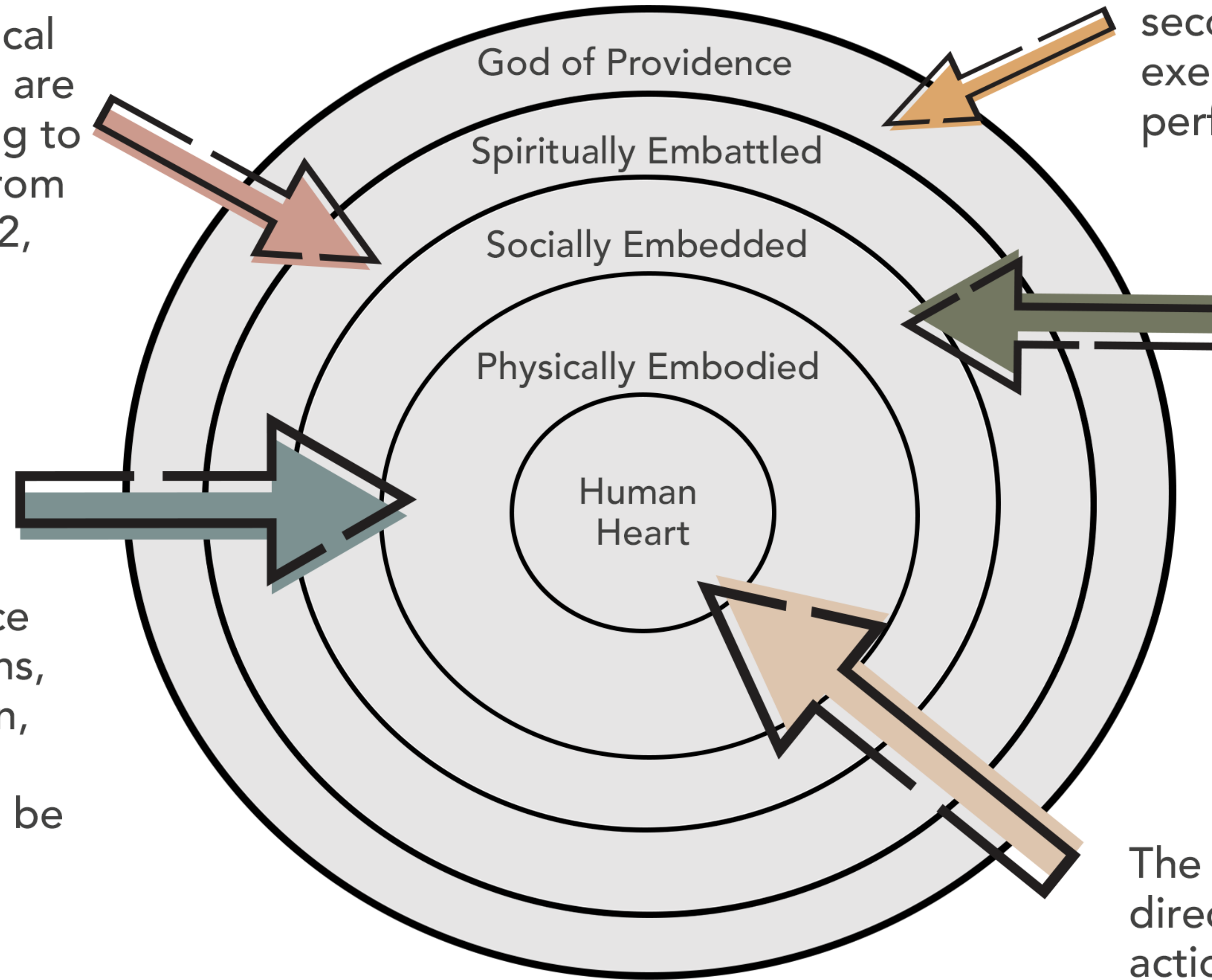
Body Image

What Does God Say About
Our Bodies?



There are spiritual forces at work in the physical world. The enemies are hard at work seeking to influence us away from God. Ephesians 6:12, 1 Peter 5:8

God works through all secondary causes to execute his good and perfect will.



Our responses are impacted by our situation and story. Past experiences have present influence. The past does not determine our response, but it influences how we think and what we choose.

Our hearts exist in a decaying, aging, and imperfect body. Our fallen bodies experience forgetfulness, joint pains, menopause, depression, cancer, etc. There is weakness that may not be connected to sin.

The heart is the center of human direction, behavior, thoughts, actions, and motivations. Proverbs 4:23, Matthew 15:18

Circumstances
 Adversity, Successes,
 Kids, Family, Work

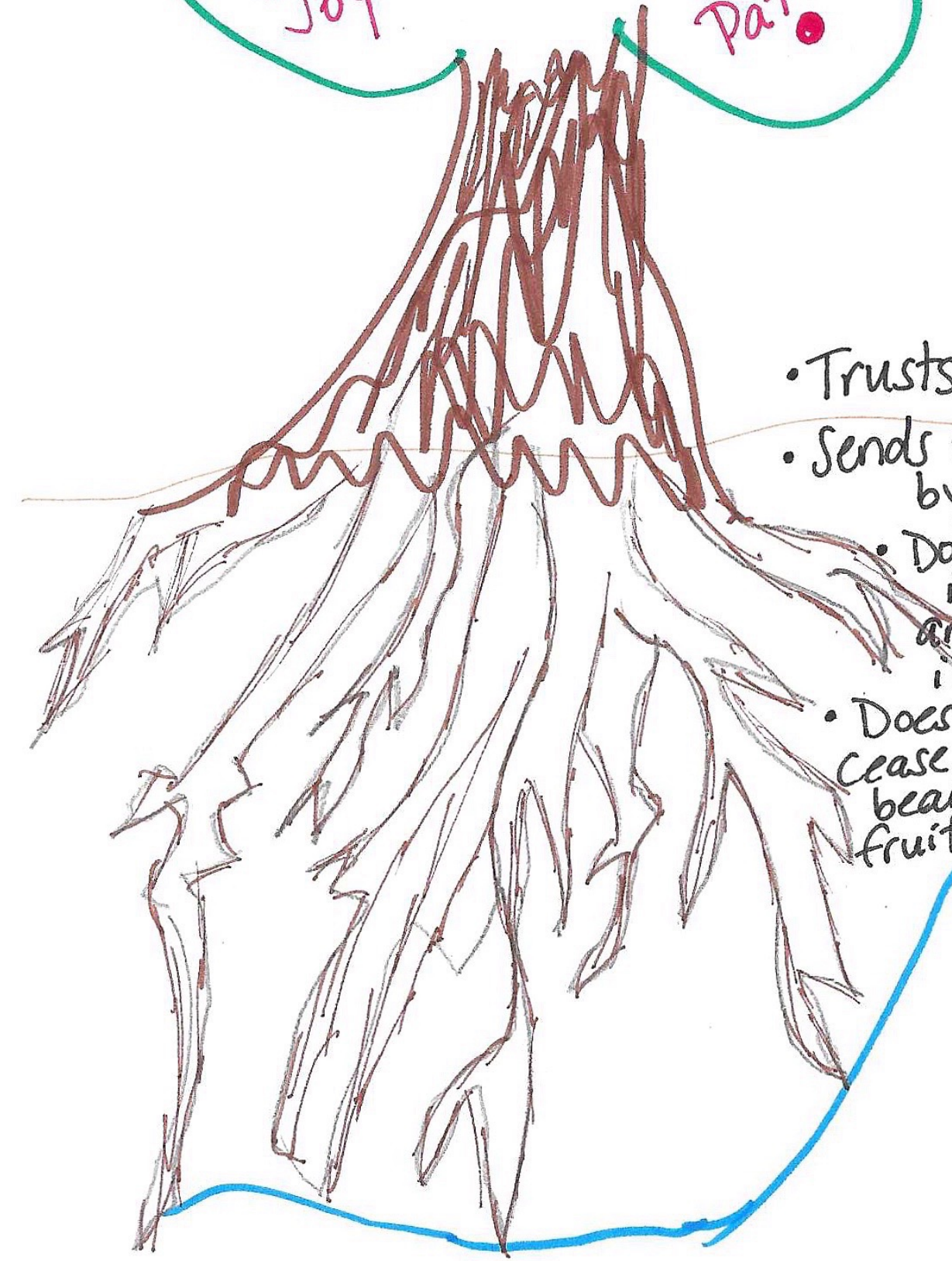
Jeremiah
 17:5-13

Peace
 Gratitude
 Love
 Joy
 Repentance
 Patience

Meditate on
 Jesus, Truth, Gospel

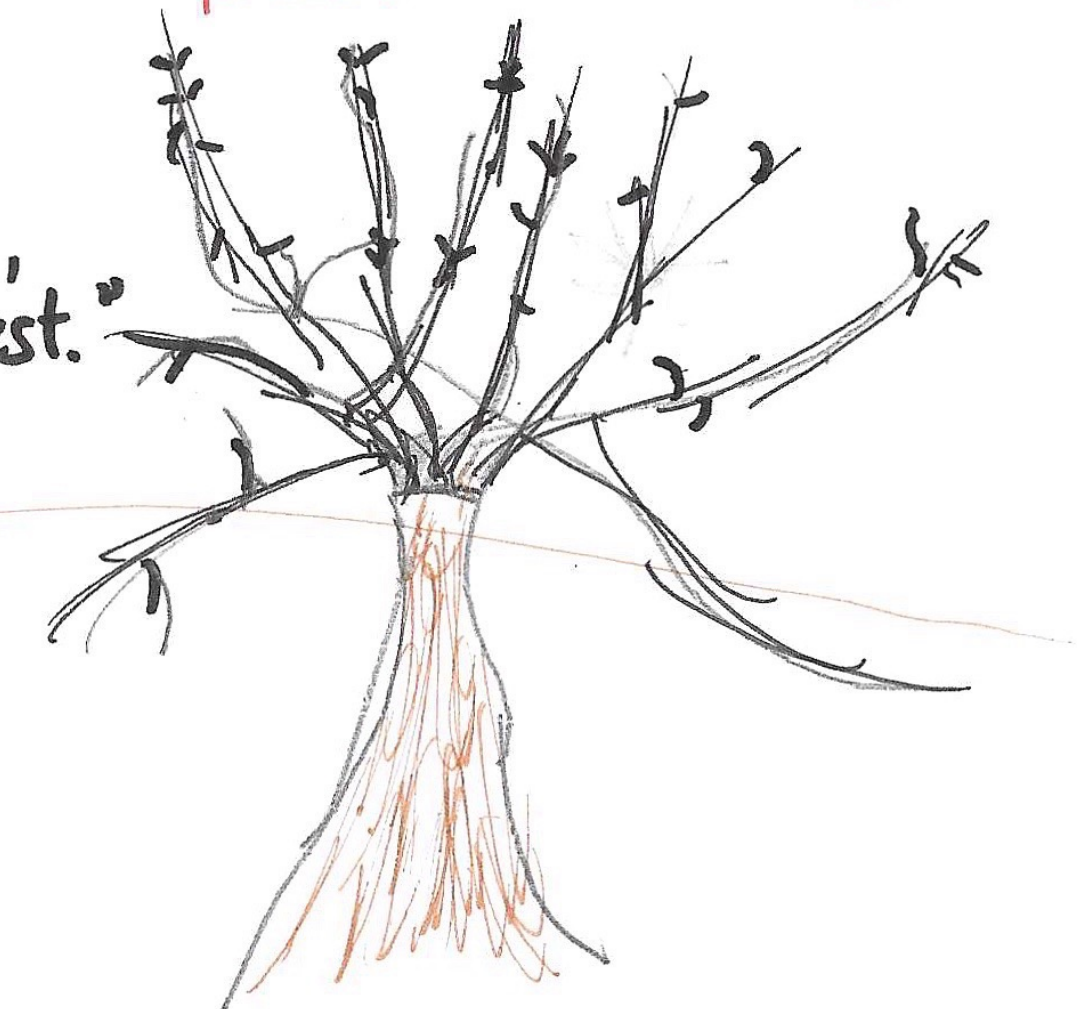
Come to me, all
 you who are
 weary and burdened,
 and I will give you rest.
 Mt. 11:28

Shrub in
 the Desert - envy,
 pride, bitterness, anger



- Trusts in Lord
- Sends out roots by stream
- Does not fear in heat or anxious in drought
- Does not cease to bear fruit

Fountain of
 Living Water
 (the Spirit)
 Jeremiah 17:13;
 John 7:37-39



- Trusts in Man (Jer. 17:5)
 - Makes Flesh his Strength (v. 5)
 - Heart turns away from Lord (v. 5)
 - Shall not see good come (v. 6)
 - Dwell in parched places
- (little to no water to sustain growth;
 barren, unproductive, without life)

Jeremiah 17:5-13

Where do you put your trust?

- The Heat of Circumstances - Illness, disability, aging, difficult relationships, menopause, puberty, pregnancy, infertility, post-partum AND successes - beauty, good health, financial..
- The Root of the Thorn tree - Trust in beauty, health, food, fitness to bring you comfort and happiness instead of trusting in God.
- Thorns that result from trusting in own strength & not God - envy, anger, bitterness, self-pity...
- Living Water - Honest prayer, humble heart towards the Spirit as you read your Bible, meditate on it, and in Christ's strength and love do what you read.
- Fruit-filled tree - Joy, repentant heart, peace, patience, love, gratitude...



CREATION



FALL



REDEMPTION



RESTORATION

Creation, Fall, Redemption, Glorification

- Creation - When culture yells & we're confused- go straight to the Bible. It contains all truth.
- Fall - Sin effects everything, including our bodies. It effects every single one of us.
- Redemption - When we receive Christ's salvation and forgiveness, we still live in a sinful world, but we are now new creations (2 Cor. 5:17) being grown into Christ's image (2 Cor. 5:17) and God will work ALL things for His glory and our good (Rom. 8:28).
- Glorification - The Fall's effects will end. We will one day be home with the Lord in glorified and perfect bodies. "Teach us to number our days that we may have a heart of wisdom." (Ps. 90:12).

What the world says is wrong & their solution

- CREATION - Darwinian evolution is our origin story. We're not intentionally designed or in the image of God. (Your body is raw material for you to shape and form in your liking)
- FALL - Many people acknowledge something is very wrong with the world, but they say the problem is outside of us because people are naturally good.
- REDEMPTION - Do all you can to be happy. Throw off the shackles of society's rules and parameters (Body positivity, Celebrating Being Overweight, Gender "Transition")
- RESTORATION - All will be well when you become your true authentic self with no apologies

CREATION

God's Original Design and Purposes

Purpose of Men & Women:

Image bearers of God (Gen. 1:26-28) - bring Him glory. Tend, care for and develop the world.



Our Bodies Are a Gift

- Fearfully & Wonderfully Made (Psalm 139:14)- Precious and “individually handcrafted” by the “ultimate artisan” (Allberry, p. 24)
- Genesis 1:31 - “And God saw everything he had made, and behold it was very good.”
- Variety in Body shape and size- even if we all ate a perfect diet, moved our bodies faithfully, we’d still be different shapes and sizes.
- The Bible isn’t anti-beauty but tells us it’s fleeting and not to be our identity. How can you steward your beauty well? (i.e. Esther, Rebekah, Sarah, David, Joseph..)
- Hormones - Ghrelin tells body it’s hungry & Leptin tells body it’s had enough to eat.

Food is a Gift

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

- Taste buds that detect sweet, salty, bitter, sour, umami - Eating is pleasurable
- Abundant provision and generosity - God provided quail and manna in the wilderness; Promised land flowing with milk and honey; Marriage supper of the Lamb
- Jesus shared many meals with all kinds of people - fellowship
- Unity and love more important than feasting - Prov. 15:17 “Better is a dinner of herbs where love is than a fattened ox and hatred with it.”; Prov. 17:1 “Better a dry crust with peace and quiet than a house full of feasting with strife.”

Exercise

- 1 Timothy 4:8 - “For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”
- Paul uses exercise as an analogy for the Christian life being a race and the need to discipline our bodies and keep them under control (1 Corinthians 9:24-27)
- Consider: Are you exercising in order to get the attention of others, or to steward your body well for God?

Beauty and Clothing

- Proverbs 31:25 - Strength and dignity are her clothing, and she laughs at the time to come.
- Proverbs 31:30 - Charm is deceitful and beauty is vain, but a woman who fears the Lord is to be praised.
- 1 Samuel 16:7 - "...Lord said to Samuel, ' Do not look on his appearance ... I have rejected him. For the Lord sees not as man sees: man looks on the outward appearance, but the Lord looks on the heart."
- 1 Peter 3:3-4 - "Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight."

How God tells us to think of ourselves

Is having a “body image” in the Bible?

- Romans 12:3 - ...By the grace given to me I say... not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned.
- Philippians 2:3-4 - “Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others”
- Self-examination in Bible mostly refers to looking for thorns (Ps. 139:23-24; 2 Cor. 13:5)
- Tim Keller’s Freedom of Self-Forgetfulness book (and it’s a sermon)

What Now?

- Gratitude - What about your body are you grateful for?
- The importance of our Physical Presence - How can you serve God and others with the body God intentionally formed and built for you? Don't dehumanize online.
- What comes to your mind when you hear the phrase "Body Image"?
- How do you think of yourself? Do you know how God thinks of you (whether you are a Christian or not)?

The Fall - Sin and Death

Genesis 3:4-7

Enmity between God and man (Rom. 8:7)

We desire glory for self and not for God (Phil. 2:3)

Worship the creation rather than the Creator (Rom. 1)



Lack of God's Wisdom - Swing from extremes

- Licentiousness - "Let us eat and drink, for tomorrow we die." (Lk. 12:19; 1 Cor. 15:32)
 - "Who cares what I look like? God looks at the heart!"; "Food tastes so good and I've had such a hard day. Who cares if I'm not really hungry." "I don't need to move my body, I'm just going to die anyway."
- Asceticism - "Do not handle, Do not taste, Do not touch"... These have indeed an appearance of wisdom in promoting self-made religion and asceticism and severity to the body, but they are of no value in stopping the indulgence of the flesh." (Col. 2:21-23)
 - "I must work out ...hour(s) each day or I'll restrict myself by"; "Sugar, gluten, dairy, meat... are all bad, for all people, all the time."; "I'm limiting myself to...calories. No exceptions." (1 Timothy 4:3-4)

Deceitful Attitudes and Beliefs

- We judge by outward appearances when God says He looks at the hearts and tells us not to regard one another according to the flesh (2 Cor. 5:16)
- Discontent and disgust with our bodies formed and gifted to us by God.
- Trust our own deceitful hearts and judgments about ourselves instead of what God's word says about us.
- Envy/Comparison - "Wrath is cruel, anger is overwhelming, but who can stand before jealousy?" Proverbs 27:4; "For where jealousy and selfish ambition exist, there will be disorder and every vile practice." James 3:16

Disordered Eating & Sinful Treatment of the Body

- Starving - Anorexia - “morbid fear of weight gain - drives self-starvation” (Dunham)
- Binging and Purging - Bulimia - consumption of large amounts of calories and eliminating calories before they can digest.
- Compulsive and Unhealthy Relationship to Eating. (Gluttony) Overeating when not hungry, feeling out of control around food, eating without tasting and enjoying food. (Don't judge by outward appearance. Thin people can be gluttonous/excessive.)
- Harming or punishing our bodies because of sinful attitudes, desires, emotional pain.

Disordered Eating Effects on Body - Dunham Book

- GLUTTONY - gastrointestinal issues, obesity ~ diabetes, heart disease, breathing problems
- ANOREXIA- More deaths annually than any other DSM diagnosis. Bones - insufficient calcium- osteoporosis, breakage. Skin - malnutrition keeps skin from replenishing - bruising, irritation, cracking. Brain - Inadequate energy stores - slower processing. Heart - Decreased potassium - irregular heartbeat which can be fatal. Hypoglycemia. Loss of period.
- BULIMIA - Intestinal & Hydration - laxative use and vomiting cause decay, constipation, water retention. Tissue Decay - Acidity from vomiting eats at teeth, esophagus and stomach - ulcers

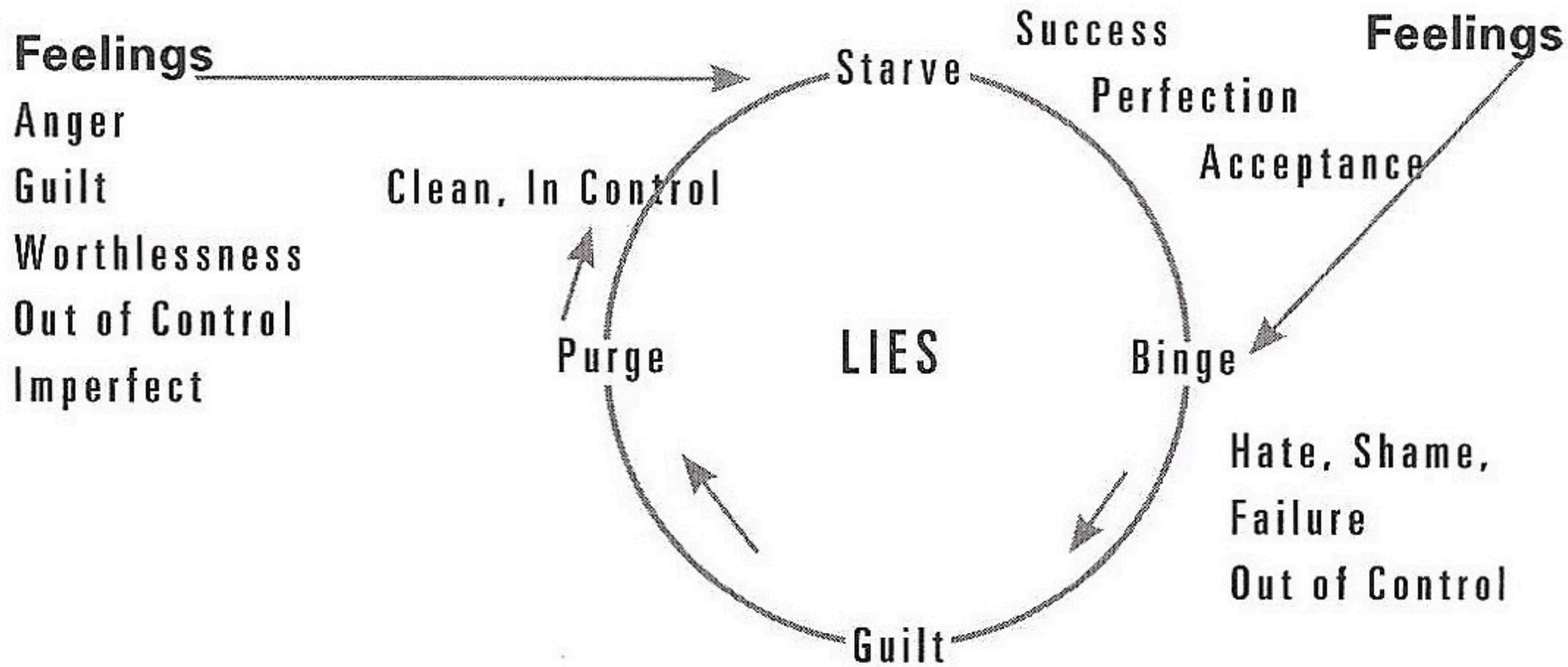


FIGURE 2: A TYPICAL ENSLAVING CYCLE FOR ANOREXIA AND BULIMIA

Body Shame

- Dissatisfied or Disgusted with Appearance - Absorb culture's unrealistic and artificial standards (many images are animated/anime, AI generated, severely manipulated)
- Sins we have committed - A desperate desire to be able to wash guilt away (Lady Macbeth "Out damned spot! Out, I say!...Will these hands ne'er be clean?")
- The words and judgments of others penetrate and color how we see ourselves.
- Being sinned against sexually or physically - assume the problem is with our body rather than with the person who abused us. The body is not bad. Sin is.

Aging, Sickness, and Breaking/Broken Bodies

- In whatever way possible, use the gifts, talents, wisdom, and opportunities God brings into your life until the day He brings you home. Ecclesiastes 9:4-6
- Ecclesiastes 12:1-8 - “Ode to the aging”. God is honest about effects of aging bodies.
- Disabilities - loss of sight and/or hearing, the proper functioning of limbs, organs...
- Sickness & Infirmary - Chronic, temporary, mild, severe sickness; exhaustion, weariness
- 100% Death rate until Jesus returns - Psalm 104:29b-30a - “When you take away their breath, they die and return to their dust. When you send forth your Spirit, they are created...”
- John Piper - “Don’t Waste Your Cancer” article & book; Tim Keller Atlantic article; J.I. Packer - Finishing our Course with Joy

“There are thousands of things that can kill us - slightly more than 8,000...according to WHO - and we escape every one of them but one.”

Bill Bryson The Body A Guide for Occupants p. 9

Is it Wrong to Look Nice, Work out, Eat whatever I want?

“All things are lawful for me,” but not all things are helpful...I will not be dominated by anything” 1 Cor. 6:12

- How to know if something has mastered you? When you're eating or restricting, Are you compromising your conscience? If you don't get the food you want, or you have to eat food you didn't want, what would your response be?
- Are your desires and behaviors focused on pleasing yourself or pleasing God?
- “...you are slaves of the one you obey, either of sin resulting in death or of obedience resulting in righteousness...present your members as slaves to righteousness, resulting in salvation.” Rom. 6:16, 19
- We have to eat. We have to appear in public. We need to be good stewards of our bodies and all that God has put in our lives. Pray for conviction of sin and wisdom.

The Fall: Questions to Ask Yourself

- How much time each day do I spend thinking about food - eating it or not eating it?
- Do I believe that I will be happy only when my body looks a certain way?
- When I enter a room of people, am I hoping they'll notice me or am I thinking of how to love and encourage them?
- Do I know what it feels like to be hungry/full? Do I eat when I am hungry? Do I stop eating when I am full?
- Have I experienced negative consequences (with God, with others, with yourself) from how I eat, exercise, present myself?
- Whose strength are you trusting in if you're dealing with a chronic illness, the effects of aging...?

Now What?

- Acknowledge and accept the reality of the limitations and brokenness of your body. (This is a process done daily and honestly with God) Denial and escaping reality is not God's desire for you. Face reality head on and ask God for comfort and wisdom to live life well in the body He's formed for you.
- Do you need to see doctor and/or nutritionist? Are you stewarding your body well?
- If you're hiding an eating disorder, are you willing to tell yourself, God, and a trusted person the truth about your struggle?
- Proverbs 11:22 - Looks are superficial and short lived Proverbs 31:30 - Ask God to develop in you an inner beauty.

Redemption

The Good News of the Gospel

* Jesus came in a body, started in the womb. He was tempted, suffered, betrayed and never sinned. He ransomed believers with His blood and we're no longer slaves to sin, but sons and daughters of our perfect heavenly Father.

* In Christ, believers are restored into the image of God, made into new creations, and empowered to live lives that are pleasing to him ([2 Cor 5:17](#))

* God grows us through our sins and struggles to make us more like Christ (Romans 5:3-5) and bring Him glory (Romans 8:28).



REDEMPTION

- “For in him the whole fullness of deity dwells bodily” Col. 2:9
 - Jesus is sympathetic to our Physical Pain
- Jesus’ Physical Suffering - He experienced physical pain and temptation to the fullest degree, and did not sin.
 - Mark 10:34 - Jesus foretold he would be mocked, spit on, flogged, and killed
 - Matthew 27 - Crown of Thorns, spit on, struck on the head
 - .Isaiah 52:14 - “...his appearance was so marred, beyond human semblance, and his form beyond that of the children of mankind.”
 - Isaiah 53:3 - “He had no form or majesty that we should look at him, no beauty that we should desire him. He was despised and rejected by men.”

Jesus is our Perfect High Priest - Hebrews 4:14-16

Our Redeemer: The only Person who didn't have to die, but came to die

- Proverbs 14:10 - "The heart knows its own bitterness, and no stranger shares its joys." BUT Jesus truly understands! There's no species of trial he has not experienced personally.
- Relational pain - disciples abandoned and Judas betrayed him, misunderstood, mocked,
- "He is able to save to the uttermost those who draw near to God through him, since he always lives to make intercession for them." Hebrews 7:25
- Hebrews 4:16 - Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

“A silly idea is current that good people do not know what temptation means. This is an obvious lie. Only those who try to resist temptation know how strong it is. . . . A man who gives in to temptation after five minutes simply does not know what it would have been like an hour later. That is why bad people in one sense know very little about badness. They have lived a sheltered life by always giving in. . . . Christ, because He was the only man who never yielded to temptation, is also the only man who knows to the full what temptation means — the only complete realist.”

C.S. Lewis, *Mere Christianity*

For Those Who are in Christ:

- Your past, present and future sins were nailed to the cross with Christ. He took your sin on Himself and clothed you in His perfect sinless righteousness.
- Sin will have no dominion over you, since you are not under law but under grace Rom. 6:14
- I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me. Galatians 2:20
- Our bodies are members with Christ (1 Cor. 6:12-20) and temples of the Holy Spirit - the dwelling place of God (1 Cor. 6:19)
- Our sick, disabled, broken and dying bodies can display the work of God! (John 9:3 - "It was not that this man sinned, or his parents, that the works of God might be displayed in him.")

Our self is a complex entity of good and evil, glory and shame, of creation and fall... We are created, fallen and redeemed, then re-created in God's image... Standing before the cross we see simultaneously our worth and unworthiness, since we perceive both the greatness of his love in dying, and the greatness of our sin in causing him to die.

John Stott, *The Cross of Christ*

Body Shame and Wrong Beliefs about Body

- “Do not be conformed to this world, but be transformed by the renewing of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.” Roman. 12:2
- “We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ...” 2 Corinthians 10:5
- “Remember that our battle isn’t against flesh (including our own bodies) and blood but against...spiritual forces of evil in the heavenly places.” Eph. 6:12
- Jesus took every bit of your sin, uncleanness, shame and brokenness onto himself on the cross. He was forsaken by God (Mark 1:45) so you never have to be. You may not feel that’s true, but will you take God at His word that it’s true? (This is a daily process!)

Healing from Disordered Eating

- Be honest about your relationship with food. Is it all consuming and have you placed your hope and trust in it (or your appearance) for comfort, satisfaction, sense of control?
- If you look to physical pleasure, control, the positive attention of others or anything outside of God to satisfy and bring you happiness and pleasure be honest with Him and ask for help.
- Repentance and gratitude ~ ask God for eyes to see your body and food as a gift to use wisely
- Perseverance ~ our struggle with sin is lifelong and keeps us dependent on God's strength, grace and convicting. Don't grow weary in doing good. Galatians 6:9

What if I'm more thorny than Fruitful?

Repentance - Please be reconciled to God

- If you know your heart is hard and your eyes are focused on self ask Jesus to give you new eyes!
- 1 - Face your reality head on - what circumstances in your life are bearing down on you and exposing your heart?
- 2 - In what "thorny" ways are you responding? Do you blame the heat for your thorns? It is our hearts & desires that cause our behavior, not the situation. Nobody and nothing can make you sin. Do you blame shift/justify your sin? Do you confess your guilt over your sin, or bury it deep?
- 3- Acknowledge to God that you've sinned against Him. Confess to anyone effected by your sin.
- 4- Abide in God and ask Him that you'll find your hope and refuge in Him alone. Repent when you see the created things you're worshiping instead of Him.

“Our feet will walk in his paths, our lips will speak the truth and spread the gospel, our tongues will bring healing, our hands will lift up those who have fallen, and perform many mundane tasks as well like cooking and cleaning, typing and mending; our arms will embrace the lonely and unloved, our ears will listen to the cries of the distressed, and our eyes will look humbly and patient towards God.”

John Stott, Message of Romans p. 622

Redemption Questions to Consider

- Examine yourself to see if you are indeed in Christ. If you are not, why not? Will you submit and receive His offer of salvation and forgiveness right now?
- Has anything but God taken mastery over you? “My body must look...”; “I must have the approval and positive regard of people”; “I will only be happy if...(circumstance, looks, healing)
- What do I value more ~ the perfect truthful mirror of God’s word or what I see in the mirror or in what others say about me?
- Do I live my daily life trying to justify myself and punish myself or do I accept Jesus’ gift of forgiveness and salvation through His death on the cross? Do I believe “It is finished!”?
- “You were bought with a price. So glorify God in your body.” - Whose glory are you living for?

Now what?

“Trust and obey for there’s no other way to be happy in Jesus than to trust and obey.”

- Read, meditate and obey what you read in the Bible. When you read ask: 1) What do I learn about God? 2) About people and myself? 3) What do I need to do differently? Repent of?
- Worship God in prayer and find good music that brings the eyes of your heart back to Him.
- Be a good steward of your body - as much as it depends on you, are you getting the sleep, nutrition and exercise your body needs?
- Gratitude. Ask God to give you eyes to see His gifts to you in your life. How have the people, circumstances, and gifts He’s given you grown you to be more like Christ?
- Contentment. Acts verse, learned the secret of being content verse - DON’T COMPARE OR FEED ENVY. Rejoice with those who rejoice, mourn with those who mourn.

Restoration & Glorification

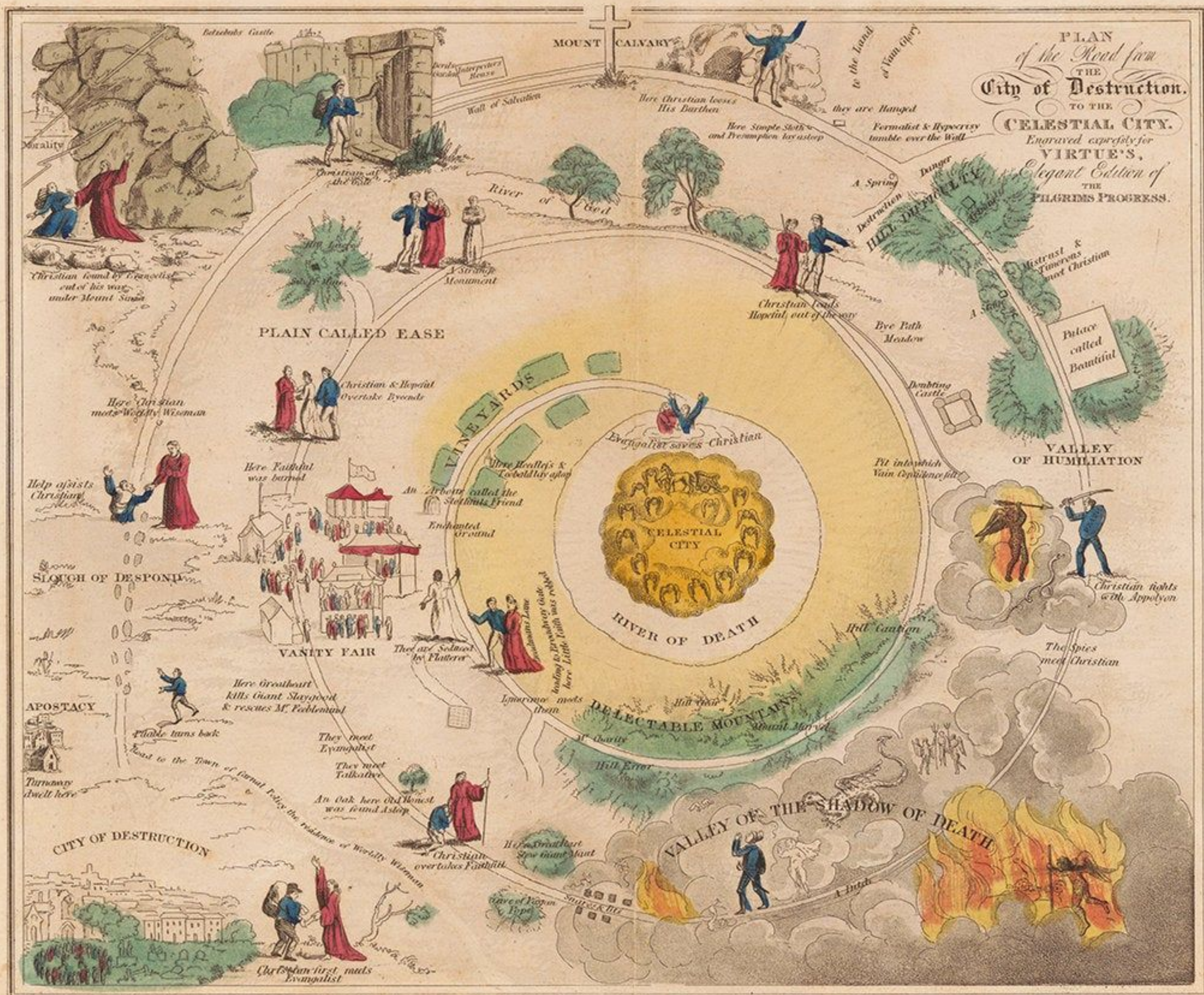
All Made New!

* Believers are justified at conversion, progressively being sanctified, and will one day be glorified when we stand before God as holy and blameless in Christ (Colossians 1:22 - “..in order to present you holy and blameless and above reproach before him.”)

* No more sin and suffering, no more sorrow, but eternal life with Jesus in heaven.

* Jesus resurrected, glorified body is glimpse of what will come for us in new heaven and new earth.





Death is not the End

I Shall Rise Again! (1 Thessalonians 4:16-17)

- 1 Corinthians 6:14 - "By his power God raised the Lord from the dead, and he will raise us also."
- What will our glorified bodies look like? "Just as we have borne the image of the man of dust, we shall also bear the image of the man of heaven." 1 Corinthians 15:49; "...our citizenship is in heaven, and from it we await a Savior...who will transform our lowly body to be like his glorious body, by the power that enables him to subject all things to himself." Phil. 3:20-21
- 1 Corinthians 15:54-55 - "...the perishable puts on the imperishable, and the mortal puts on immortality..." "Death is swallowed up in victory. O death, where is your victory? O death, where is your sting."

The life to come - New Heavens & New Earth

- 1 Corinthians 15 - Jesus physically died, physically buried, and physically rose again. He's the first fruit - His resurrection was the first of many
- No more temptations, no more weakness, no more shame, no more sin, no more death!
- "The saying is trustworthy, for: If we have died with him, we will also live with him; if we endure, we will also reign with him" (2 Tim. 2:11-12a)
- "You will spend all eternity saying, "Can't believe this. I cannot believe this. You, God, are amazing. You are amazing." John Piper

“Death used to be an executioner,
but the Gospel makes him just a
gardener.” (You don’t bury a
Christian; you plant him.)

George Herbert

Restoration Questions to Consider

- What comes to mind when you think of heaven? Is it based on Scripture or things you've heard or seen in movies?
- "When the time comes to die, make sure that all you have to do is die!" (Jim Elliot's journal)
What do you think about that?
- How would your life (desires, choices...) look different if you lived each day in light of eternity?

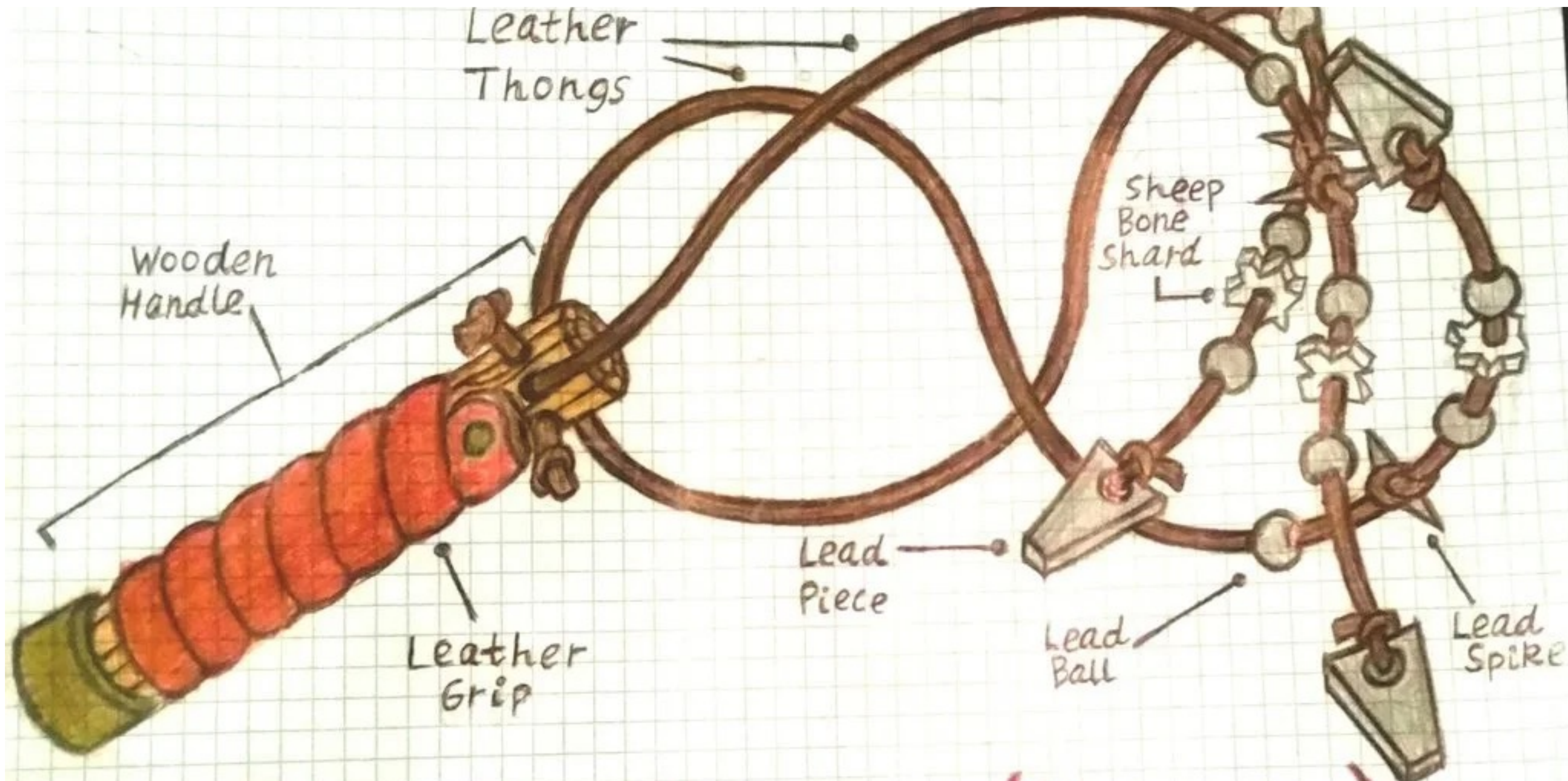
What Now? Live with Eternity in Mind

- Teach us to number our days that we may get a heart of wisdom - Ps. 90:12
- Get to know God. Taste and see that He is good. Look forward to heaven because that is where Jesus is.
- “So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.”

Help for Helpers & Loved Ones - Table for Two book

- Be patient - Sin is messy and, unless God miraculously intervenes, it takes time to develop new desires, habits, perspectives. We do what we do because we want what we want!
- Remember we can't make our loved ones repent or change their hearts. We plant the seed and water, but God makes the growth (1 Corinthians 3:7)
- Compassion fatigue - find support and help for yourself
- Where are they in willingness to change? Denial, Considering, Investigating, Seeking - get guidance, Ready - won't turn back, willing to change (This doesn't stay the same each day!)
- If your loved one's or counselee's life is in danger do what it takes to make them safe.
- It can be helpful to think of eating disorders as an addiction - deceives the person into thinking they're in control when they're actually blinded and enslaved to sin.





Roman Scourge (Flagrum)

Build Your House on the Sand



Build Your house on the Rock



Sow a thought and you reap an action; sow an act and you reap a habit; sow a habit and you reap a character; sow a character and you reap a destiny.

Ralph Waldo Emerson - 1803-1882 - American Essayist-Poet

THE PILGRIMS PROGRESS



Or Christian's journey from the City of Destruction in this evil World to the CELESTIAL CITY in the WORLD that is to Come.

Published July 1 1801 by J. P. Colver, 25 South Street, New York.

Life is a walk with God in the light, relying on
His strength and grace each day to make
you faithful.

“Walk is the familiar NT term denoting the believer’s daily conduct.” John MacArthur (Colossians 2:6, MacArthur Bible Commentary)

- 1 Corinthians 7:17 - “Only let each person walk in the way that the Lord has assigned to him, and to which God has called him. This is my rule in all the churches” *****
- 2 Corinthians 5:7 - “...for we walk by faith, not by sight.”
- Galatians 5:25 - “If we live by the Spirit, let us also keep in step with the Spirit.” *****
- Ephesians 2:10 - “For we are his workmanship, created in Christ Jesus for good works which God prepared beforehand that we should walk in them.”
- Ephesians 5:2 - “And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.”
- 2 Thessalonians 3:11 - “For we hear that some among you walk in idleness, not busy at work, but busybodies.”

- Colossians 2:6 & 7 - “Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.
- Colossians 1:9 & 10 - “And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom & understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him; bearing fruit in every good work & increasing in the knowledge of God.”
- Romans 6:4 - We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.
- 1 John 1:6 - “If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth.”
- 1 John 1:7 - “BUT if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from ALL sin.”
- 3 John 4 - “I have no greater joy than to hear that my children are walking in the truth.”

Anorexia's effects on the body

Table for Two book, David and Krista Dunham

- Anorexia - There are more deaths each year due to Anorexia than any other mental illness.
- Bones - aren't getting calcium they need and are more prone to breaking and developing osteoporosis; spinal column deteriorates over time and can't support body.
- Skin - Malnutrition keeps skin from replenishing itself; prone to bruising and irritation; dry, rash, cracked skin.
- Brain - Inadequate energy stores gives brain less to draw from - slower thought processing.
- Heart - Decreased potassium can create irregular heartbeat which can be fatal.
- Other Symptoms - Gastrointestinal imbalance; hypoglycemia - dizziness, shaky, tingling, irritability; loss of menstrual period,

Disordered Eating - Effects on Body

Table for Two by Krista and Dave Dunham

- Obesity
- Gastrointestinal Imbalance
- Heart Disease
- High blood pressure
- Stroke
- Diabetes
- Sleep apnea
- Arthritis

Bodies as Living Sacrifice Gal. 2:20

- God is the most loving, good master we could imagine - "Come to me all you who are weary and heavy laden..."
- Steward your body (just as you are to do with your money, time, family, gifts)
- "So I do not run aimlessly; I do not box as one 'beating the air'. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified." 1 Corinthians 9:26-27
- Romans 12:1 - "
- Romans 6:12-13 - Do not present your members to sin, but to God

“These small and perishable bodies we now have were given to us as ponies are given to schoolboys. We must learn to manage: not that we may some day be free of horses altogether but that some day we may ride bare-back, confident and rejoicing, those greater mounts, those winged, shining and world-shaking horses which perhaps even now expect us with impatience, pawing and snorting in the King’s stables.”

C.S. Lewis- Miracles, p. 266

“You were bought with a price so glorify God in your body” 1 Cor. 6:19-20

You are no longer a slave but a daughter of God if you've received Him as your Lord and Savior.

Jesus, Shame, Death & Resurrection

- He was broken so we might one day be healed
- Jesus was unremarkable in appearance Isaiah 53:2 -
- Isaiah 52:14; 53:3 - Men hid their faces from Jesus because his suffering was so hideous.
- He took our shame and makes us radiant! Psalm 34:4-5 - Look to him and never shame...
- Jesus conquered death and shame with his resurrection. He came to die.
- Mark 10:45 - As a ransom for many

- Gratitude to God - How can you express gratitude for the body God has given you? Hard as it may be for us to understand, God “meant for us to have our particular body. Your body is a gift”. (Allberry, 29)
- Physical Presence - “Our physical presence matters because we are physical people” (Allberry, 33) Many times in the NT (1 Thes. 2:8; 1 Thes. 2:17; 2 John 12; Acts 28:14-15), the writers express a deep longing to see the recipients “face to face”. It’s said of Paul in the Acts 28 passage that “on seeing them, Paul thanked God and took courage.”
- Physical touch - “greet one another with a holy kiss.” “This gesture of affection commanded 5 times in the NT...to be done righteously in recognition that believers are brothers and sisters in the family of God. (MacArthur Bible Commentary, p. 1762). “We’re sex obsessed but touch deprived.” (Allberry, 35). How can we remedy this in the church?
- “Teach us to number our days that we may get a heart of wisdom” Psalm 90:12
- Keep the end in mind (Pilgrim’s Progress Map)

How to steward our bodies well

Once heard psychiatrist say so many health and mental health issues could be alleviated if people slept well, ate well and exercised.

- Are you prioritizing sleep/rest? (Psalm 4:8) Are you over prioritizing sleep/rest? (Proverbs 24:30-34)
- Are you moving your body?
- Are you eating well?
- How can you personally, with your unique talents, abilities, limitations present your members to God for righteousness? (Romans 6:13)

Redemption definition and significance

Christ bought our freedom from slavery to sin through his blood

- For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life {and that life in His kingdom begins when you receive Him}. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.
- We are all born dead in our sins (Ephesians 2:1), unable to live up to God's perfect holy character. We were "ransomed from the futile ways inherited from {our} forefathers, not with perishable things such as silver or gold, but with the precious blood of Christ, like that of a lamb without blemish or spot" (1 Peter 1:18-19)

