



Silverdale Baptist Church

5 Decisions That Will Change Your Life • I Will Stay Physically Fit • 1 Corinthians 6:19-20 •
02/9,10/2019

Main Point

Our bodies are a gift from God and we're to be good stewards of them.

Introduction

As your group time begins, use this section to introduce the topic of discussion.

When have you been entrusted to care for someone's pet, home, belonging, or vehicle? What concerns did you have?

Who would you trust with a prized possession? Why did you choose them?

What have you been proud to own and care for? What made it so special?

Has anyone ever asked you to care for a prized possession for a short time? If so, you know this opportunity may not be as easy as it sounds. Obviously, you have to protect it from any threats of physical harm or danger. Sometimes, you also have to actively provide what it might need to thrive. If you're asked to care for a pet, you have to remember to feed it! If you're entrusted with a car for a lengthy amount of time, you'll need to drive it occasionally to keep it running smoothly. Depending on what it is you've been given, your care can encompass a lengthy list of things to do or not do.

In a similar way, we've each been entrusted with a prized possession. God has given each of us the gift of health and physical life. It's easy to take this for granted, but it isn't wise. God created us to bring Him glory and how well we care for our bodies is important.

In 1 Corinthians 6, the apostle Paul spoke to this topic of being good stewards of our bodies. Christ followers are called to serve and glorify God, and how we treat our physical bodies is part of that call.

Discussion

Unpack the biblical text to discover what the Scripture says or means about our topic.

| Ask a volunteer to read 1 Corinthians 6:19.

What does this passage teach us about the value God places on our bodies?

How should we understand the phrase, "Your body is a temple of the Holy Spirit who is in you"?

Verse 19 says our body is a temple. What do you find challenging about this truth? What do you find hopeful?

In 1 Corinthians 6:12-20, Paul addressed sexual sin that was becoming a problem among the Corinthians. Paul's message in these verses is an important one: as believers, we're to "flee" (v. 18) from sexual immorality. For Christians, it's important to remember that our bodies are a holy place for the dwelling of God's presence in the Holy Spirit. How we treat our bodies is a faith issue. Paul calls our bodies "temples," sacred vessels to be used for God's glory, in verse 19. To engage in sexual sin is an offense against our bodies, which now belong to the Lord.

The gospel is good news, and one part of it that's especially good is that Jesus gives us a new nature. Paul described Christians as "new creation[s]" (2 Cor. 5:17) who have been "created in Christ Jesus to do good works" (Eph. 2:10). Since Jesus bought our salvation at a steep price and forgives our sin, we're called to live righteously. This call includes how we take care of our physical bodies.

| Ask a volunteer to read 1 Corinthians 6:20.

What's your reaction to the truth found in verse 20, "you were bought at a price"?

What are some choices we can make to serve God and glorify Him with our bodies?

What habits or resources can you employ to help you obey the instruction in these verses?

Our bodies are gifts from God that require good stewardship on our part. Can we misuse our bodies? Unfortunately, yes. How are we to be good stewards of what God has given us? The first step is to understand that we belong to Jesus. We are His, and that means that we have the capacity to bring Him glory in our actions and attitudes. Verse 20 puts it this way: “For you were bought at a price. So glorify God with your body.”

Individuality and personal freedom are cherished in modern culture. So how do we practically live as if our bodies belong to the Lord? We choose carefully the things we will participate in as well as what we won't participate in. Each decision comes back to this question: since my body is a temple, how can I glorify Jesus in this situation?

Application

Identify how the truths from the Scripture passage apply directly to our lives.

On a scale of 1 to 10, with 1 being “poor” and 10 being “excellent,” how well have you been caring for your body? Why do you think that?

In order to honor God with your body, what do you need to start doing?

In what way can you remind yourself this week that you were bought at a price and are God's temple?

Prayer

Close your group time in prayer. Thank God for the opportunities we have to honor Him and for the Holy Spirit who faithfully guides us daily.

Commentary

| 1 Corinthians 6:19-20

6:19. For this reason, the apostle appealed once again to a teaching which he had already given the Corinthians. The Christian's body is a temple of the Holy Spirit. The Holy Spirit takes up residence in believers, making their bodies a holy place for the dwelling of God's special presence. That the Holy Spirit resides in believers points to the new nature of believers' bodies. Believers' bodies are sanctified and holy, being in union with Christ. When a person in Christ engages in sexual immorality, that immorality runs contrary to the new nature and new identity of his body. The Christian has been redeemed for good works (Eph. 2:10), so he ought to use his body for good deeds and righteousness, not for sin.

Paul also reminded the Corinthians that they did not have rights to their own bodies. They were not free to use their bodies any way they wished. He insisted that Christ bought them at a price—his own blood. As a slave was bought in the ancient world, Christ bought his followers, body and soul, through the price of his own death. Because they belong to him, believers do not have the right to rebel against him by using their bodies in ways the Lord has prohibited.

Further, because this purchase results in redemption and salvation, it ought to inspire grateful obedience, not rebellion. In this reminder, Paul chastised the Corinthians and pleaded with them to obey Christ eagerly and thankfully.

6:20. In conclusion, Paul insisted, Honor God with your body. Having already given the negative warning to flee immorality, Paul gave positive guidance through the gospel. Rather than merely resist sin, believers must see themselves as temples of God purchased by Christ. Of course, this purchase refers to Christ's atonement. Because Christ died for and purchased believers, believers owe him obedience and honor. They should search for ways to bring glory to God by using their bodies in the ways that God has commanded, and by refraining from using their bodies in ways God has prohibited. They should remember that their bodies have been united to Christ, and they must honor Christ by not dragging his members into union with prostitutes.