

Inside Out Physical Health

1 Corinthians 6:19-20

“Health is a state of complete physical, mental & social well-being. Not merely the absence of disease and infirmity.” **World Health Organization**

“Beloved, I pray that all may go well with you & that you may be in good health, as it goes well with your soul.” **3 John 1:2**

Over the next few weeks, we are going to look at health from the scriptures to better grasp it in our series, **Inside Out**. Today, we’re tackling the most common area of health: Physical!

Main Idea: Our Physical Bodies are a Good Gift from God

“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.” **1 Corinthians 6:19-20**

God’s Gift to Us:

- I. God’s Presence in Our Bodies** – *“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God?”* **1 Corinthians 6:19**

“...The body is not meant for sexual immorality, but for the Lord, & the Lord for the body...Do you not know that your bodies are members of Christ? Shall I then take the members of Christ & make them members of a prostitute? Never!” **1 Corinthians 6:13b, 15**

“I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy & acceptable to God, which is your spiritual worship.” **Romans 12:1**

- II. God’s Purpose for Our Bodies** – *“You are not your own, for you were bought with a price. So glorify God in your body.”* **1 Corinthians 6:20**

“God the Father created our bodies; God the Son redeemed them & made them a part of His body; and God the Spirit indwells our bodies & makes them the very temple of God. How can we defile God’s temple?” **Warren Wiersbe**

“My son, do not forget my teaching, but let your heart keep my commandments, for length of days & years of life & peace they will add to you...It will be healing to your flesh & refreshment to your bones.” **Proverbs 3:1-2, 8**

House Diagram: Physical Health is the “Kitchen.” Is the Holy Spirit present?

How we Glorify God in our Physical Health:

- **Diet** – My own story of weight loss was an act of repentance.

“Put a knife to your throat if you are given to appetite.” **Proverbs 23:2**

- **Exercise** – Modern sedentary lifestyle is detrimental to your physical health and affects all areas of life. We must be intentional.
- **Medical Care** – We live in the most medically advanced society in history! Get a physical, keep your appointments, and don’t ignore irregularities. This is not a sign of weakness, but strength. This is not a sign of a lack of faith, but gratitude for God’s goodness to you.
- **Sleep** – God designed you to get 7-9 hours of sleep every night. Put the phone down, turn off the TV & close your eyes!

“...for he gives to his beloved sleep.” **Psalms 127:2b**

- **Stress Management** – One of the most prominent & difficult to obey laws in ancient Israel related to their rhythms of work. We are not designed to work 24-7-365. It’s not healthy...& IT’S NOT WORTH IT!
- **Substances Abuse** – It is unhealthy to abuse alcohol, use tobacco products, over-caffeinate, misuse meds or use drugs recreationally.
- **Sexual Purity** – We were not designed for sexual activity outside of marriage between a biological male & biological female. The Greek word for sexual immorality is a ‘junk drawer’ term that applies to everything other than sexual intimacy between a husband & wife.

Are you Using God’s Gift of Your Body to Glorify Him?

It is impossible to perfectly glorify God in all of these areas at the same time. Yet, Paul notes that our freedom to worship and our reconciliation with God were bought “at a price”, and that price was exceedingly great!

“He himself bore our sins in his body on the tree, that we might die to sin & live to righteousness.” **1 Peter 2:24a**

True Physical Health is a Work of the Great Physician in our Bodies!

Sources & Further Reading Opportunities:

- *Tyndale Bible Dictionary* – Elwell & Comfort (2001)
- *Word Pictures in the New Testament* – A.T. Robertson (1933)
- *Letters to the Corinthians* – William Barclay (1975)
- *The Bible Exposition Commentary* – Warren Wiersbe (1996)
- *Tyndale Concise Bible Commentary* – Huges & Laney (2001)
- *The IVP Bible Background Commentary* – Craig S. Keener (1993)

