



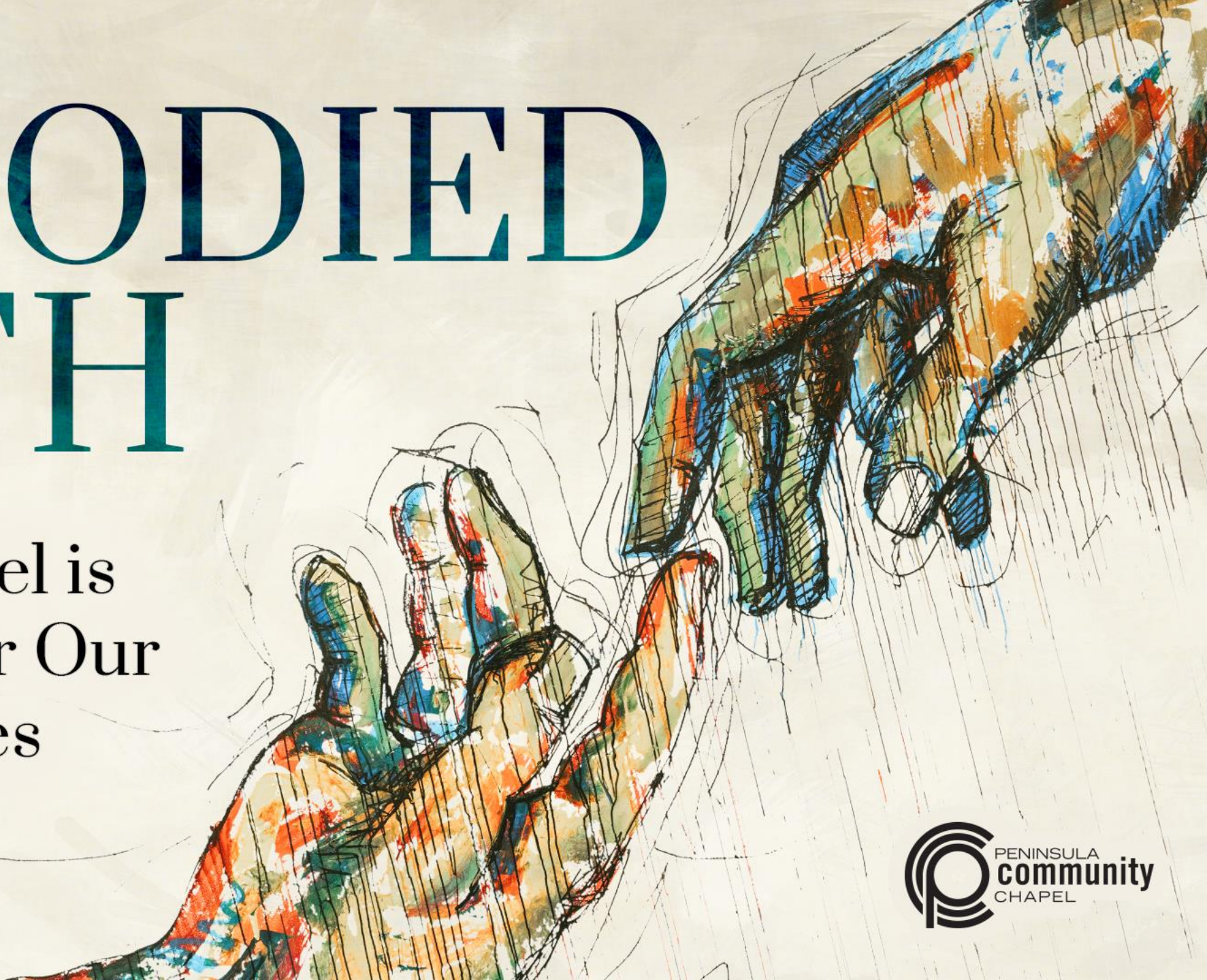
**You're going to like  
the way you look.  
I guarantee it.**

**Men's Wearhouse Slogan**

**EMBODIED FAITH**

# EMBODIED FAITH

How the Gospel is  
Good News for Our  
Physical Bodies



# Embodied Faith: Beauty/Body Image, Eating, and Exercise

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

# **Embodied Faith: Beauty/Body Image, Eating, and Exercise**

**I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.**

**Romans 12:1**

# Beauty / Body Image

## God Created Beauty Song of Solomon

**“...O most beautiful among women...**

**...I compare you, my love,  
to a mare among Pharaoh's chariots.  
Your cheeks are lovely with ornaments,  
your neck with strings of jewels.”**  
Song of Solomon 1:8-10



# Beauty / Body Image

## We See The Outside But God Sees the Heart

**But the LORD said to Samuel,  
“Do not look on his appearance  
or on the height of his stature,  
because 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 Samuel 16:7**



# Beauty / Body Image

**Outward Beauty Does Not Last**

**Charm is deceitful, and beauty is vain,  
but a woman who fears the LORD is to be praised.**

**Proverbs 31:30**



**Vain = fleeting or passing**

# Beauty / Body Image

## Prioritize Beauty that Lasts

1 Timothy 2

1 Peter 3

Do not let your adorning be external—the braiding of hair and the putting on of gold jewelry, or the clothing you wear—<sup>4</sup> but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious.

1 Peter 3:3-4



# Beauty / Body Image

**How the Gospel Frees Us to Rest from our Quest for a Better Body**

**1. God designed your body**

**Psalm 139:14 “fearfully and wonderfully made”**

**2. God redeemed your body**

**1 Corinthians 6:19-20 “you were bought with a price”**

**3. God will transform your body**

**Philippians 3:20-21 “...the Lord Jesus Christ who will transform our lowly body to be like his glorious body”**

# Eating

**So, whether you eat or drink, or whatever you do,  
do all to the glory of God.**

**1 Corinthians 10:31**



**EMBODIED FAITH**

# Eating

## Three Dangers:

### 1. **Over-indulgence or gluttony**

**Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things.**

**Philippians 3:19**

**Be not among drunkards or among gluttonous eaters of meat, for the drunkard and the glutton will come to poverty, and slumber will clothe them with rags.**

**Proverbs 23:20-21**

# Eating

## Three Dangers:

### **2. Alcohol – Drunkenness, Abuse, Addiction**

**And do not get drunk with wine, for that is debauchery, but be filled with the Spirit...**

**Ephesians 5:18**

**“All things are lawful for me,” but not all things are helpful. “All things are lawful for me,” but I will not be dominated by anything.**

**1 Corinthians 6:12**

# Eating

## Three Dangers:

### **2. Alcohol – Drunkenness, Abuse, Addiction**

#### **Questions to Ask Yourself:**

- Is my alcohol consumption glorifying to God?
- Is it beneficial?
- Is the enemy using alcohol to gain a foothold in my life?
- Does it control me in some way? Am I reliant on it?

# Eating

## Three Dangers:

### 3. Over-restriction (Diet Idolatry)

- Jesus declared all foods morally clean (Mark 7:19)
- Food will not commend us to God (1 Corinthians 8:8)
- We should not require abstinence from foods that God created to be received with thanksgiving (1 Timothy 4:3)
- We should not root our identity in what we eat or don't eat (Acts 10:9-16)

# Eating

## God-Glorifying Eating

- 1. Are there any ways that God wants me to change my eating habits so that I will be a better steward of the body he's given me?**
- 2. What foods and eating habits will help me to love God and others more?**
- 3. What foods and eating habits will best equip me for a life of ministry and good works?**
- 4. What will help give me life, and energy, and health for the long-haul?**
- 5. How can I grow in enjoying food as a gift from God that will lead me to delight in him more?**

# Exercise

**Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.**

**1 Timothy 4:7-8**



# Exercise

## Two Dangers:

### 1. Neglect Exercise/Activity/Movement

She dresses herself with strength and makes her arms strong.

Proverbs 31:17

Beloved, I pray that all may go well with you and that you may be in good health...

3 John 1:2

# Exercise

## Two Dangers:

### 1. Neglect Exercise/Activity/Movement

- **Get advice**
- **Identify a goal/aim**
- **Begin slowly with routine**
- **Make it fun**
- **Seek accountability**



# Exercise

## Two Dangers:

**2. Overemphasizing Exercise (Exercise Idolatry)**  
**For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.**  
**Ephesians 2:8-9**

# Exercise

## God-Glorifying Exercise

- 1. Are there any ways that God wants me to change my physical activity so that I will be a better steward of the body he's given me?**
- 2. What activities will help me to love God and others more?**
- 3. What activity will best equip me for a life of ministry and good works?**
- 4. How can I grow in physical activity as a gift from God that will lead me to delight in him more? These are some important questions for us to ask ourselves.**

# Embodied Faith: Beauty/Body Image, Eating, and Exercise

**...he had no form or majesty that we should look at him, and no beauty that we should desire him. He was despised and rejected by men, a man of sorrows and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not.**

**Isaiah 53:2-3**

# Embodied Faith: Beauty/Body Image, Eating, and Exercise

**...he had no form or majesty that we should look at him, and no beauty that we should desire him. He was despised and rejected by men, a man of sorrows and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not.**

**Isaiah 53:2-3**

**As many were astonished at you— his appearance was so marred, beyond human semblance, and his form beyond that of the children of mankind—**

**Isaiah 52:14**

**“This is my body, which is for you. Do this in remembrance of me.”**

**“This cup is the new covenant in my blood.  
Do this, as often as you drink it, in remembrance of me.”**

**For as often as you eat this bread and drink the cup,  
you proclaim the Lord's death until he comes.**

**1 Corinthians 11:23-26**

