

Sacred Rhythms

Honoring the Body: Flesh and Blood Spirituality

1 Kings 19:1-8 NRSVUE

Ahab told Jezebel all that Elijah had done and how he had killed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and more also, if I do not make your life like the life of one of them by this time tomorrow." Then he was afraid; he got up and fled for his life and came to Beer-sheba, which belongs to Judah; he left his servant there. But he himself went a day's journey into the wilderness and came and sat down under a solitary broom tree. He asked that he might die, "It is enough; now, O Lord, take away my life, for I am no better than my ancestors."

- 1 Kings 19:1-8

5 Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat." He looked, and there at his head was a cake baked on hot stones and a jar of water. He ate and drank and lay down again. The angel of the Lord came a second time, touched him, and said, "Get up and eat, or the journey will be too much for you." He got up and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

- 1 Kings 19:1-8

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Our spiritual lives and our bodies
are not separate from each other.
They work together.

Places in the Bible Where God Honors the Body

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- 1 Kings 19:3

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- 1 Kings 19:4

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3. Jesus Christ (John 1:14, Matthew 28, Luke 22)

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2. The Abrahamic Covenant (Genesis 7&12)
3. Jesus Christ (John 1:14, Matthew 28, Luke 22)
4. Our bodies are temples for the Holy Spirit
(1 Corinthians 6:19-20)

*Or do you not know that your body is a temple
of the Holy Spirit within you, which you have
from God, and that you are not your own?*

- 1 Corinthians 6:19

listening and respecting our bodies
is a way to honor God