



Stewardship of the Body
1Corinthians 6:12-20



Introduction

God created man on His own image and made him in charge of every thing in the garden of Eden (Gen.1:26-31). He provided food and every thing else to meet his physical needs. God also gave the commandment to protect the human life (Ex.20:13). In the Mosaic law God gave dietary and ceremonial laws for the growth of the human body.

Introduction

In the New Testament apostle Paul reminds us that our body is the temple of the Holy Spirit (1 Cor. 6:19). Although, this body is mortal but God will raise this body on the day of resurrection. (1Thes. 4:13-18).

Introduction

Our body belongs to the God. Paul says in 1 Cor. 6:20 “You were bought at a price, Therefore honor God with your body.”

Just like every thing else, we are steward of this body. Let us study why we should take care of the body, how we should and what are the results?

Biblical reasons for body care.

- **We are created on the image of God. Gen. 1:26-31**
- **We are fearfully and wonderfully made. Psalm 139:13-16**
- **God values the human body. Ge. 9:4-7 Ex. 20:13; Lev.11-15**

Biblical reasons for body care.

- **Our body is the temple of God the Holy Spirit. 1 Cor. 6:19**
- **God will resurrect this body. 1Thes.4:13-18**
- **We can not serve God without the body. Ro. 6:11-14**

How should we take care of the body?

- We should dedicate our body to the Lord. Roman 12:1-2
- We should discipline our body to eat right, exercise and take precautions to prevent and cure disease. 1Cor. 6:12-13; Lev. 12-15 and Pr. 23:1-2,20-21

How should we take care of the body?

- **We should keep the body holy. Roman 6 and 1Cor. 6:14-20**
- **We should pray for physical healing. James 5:13-18**
- **We should make a resolution to take care of our body because if we don't , results are obvious.**

What are the results?

- **We can serve God and his people more effectively.**
- **We can enjoy our family and friends.**
- **It will save us from poverty and destruction. Pr. 23:20-21**

Conclusion

Our body is created on the image of God. We are fearfully and wonderfully made. We are valuable in the sight of God. He has provided everything for our physical growth. Let us make a resolution to take care of this body by eating right, exercising regularly and take preventative and curative measures to keep it healthy.