

Life Matters More When You Honor God Physically

Life Matters More When You Honor God, Pt.3

Genesis 2:15-16, 1 Corinthians 6:12-20, 3 John 2

January 22, 2017

1 Corinthians 6:19, *Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰you were bought at a price. Therefore honor God with your bodies.*

Romans 12:1, *Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship.*

Life Matters More When You Are Physically Healthy:

1. **Physical Health Is God's DESIGN**

Genesis 2:15, *The Lord God took the man and put him in the Garden of Eden to work it and take care of it. ¹⁶And the Lord God commanded the man, "You are free to eat from any tree in the garden..."*

2. **Physical Health Is Our RESPONSIBILITY**

• **Refuse To Be MASTERED By Your Body**

1 Corinthians 6:12, *"I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything.*

(Romans 14:1-4, Proverbs 20:1, 1 Corinthians 10:31)

• **Refuse To DISHONOR God With Your Body**

1 Corinthians 6:18, *Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body.*

- **Plan For Prevention:** Be selective with your entertainment; monitor your internet use; find an accountability partner and guard your relationships.
- **Recovering From A Failure:** Confess your sin to God (1 John 1:9); confess your sin and ask forgiveness from those you have sinned against. If you have been sinned against, be willing to forgive. Offender: a) without giving carte blanche to be sinned against again; b) without being overly judgmental, critical, historical and nagging going forward.

3. **Physical Health Is A BLESSING**

3 John 2, *Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.*

1 Corinthians 9:26, *I run in such a way, as not without aim; I box in such a way, as not beating the air; but I discipline my body and make it my slave...*

Cottonwood Creek Challenge:

- Join the Cottonwood Creek community on Stridekick by texting "STRIDE" to 77978. Let's get healthier together.
- Read the Pastor's daily blog on 'Honoring God Physically!'

- If you have questions about 'Honoring God' and would like for the Pastor to answer them, text "QUESTIONS" to 77978 and ask your question.
- Pastor's Men's Bible Study will continue their new series entitled, 'Becoming A Man God Uses.' Join us on Tuesdays at 6:00a in room A234.