

Soul care Sunday School *The stewardship of the body*

Objective: To develop a sound theology of the body and to live and practice a life that reflects Biblical truth.

Question 1: Does God's Word have anything to say about our body? If so, what?

Question 2: How is stewardship of one's body generally addressed in the local Church?

Question 3: How does the Word value the inner man (soul) in comparison to the outer man (the body)?

Question 4: Do you have a Biblically informed theology of the body (the indicatives) and have you learned and implemented the commands of Scripture related to the stewardship of the body (the imperatives)?

Question 5: Do you tend to under emphasize or over emphasize the stewardship of your body? Sinful neglect vs. sinful idolatry

Let's do a survey of Scriptures that speak to the body. We'll look at the indicatives, the imperatives, and thru observation, lay out responsible and God glorifying stewardship of the body.

1. The Bible teaches a theology of the body that involves Creation, Fall and Redemption.

Creation: Genesis 1 and 2. Genesis 1:26-31, Genesis 2:7, Genesis 2:18-25. Others: Psalm 139:13-14, Colossians 1:16, John 1:1-3, Romans 11:36 and Revelation 4:11

Fall of man: Spiritual and physical death. Genesis 2:17, Genesis 3:18-19, Genesis 5:5... and Hebrews 9:27

Redemption: Both of Soul and Body! Romans 8:22-23, 1 Corinthians 15, Philippians 3:20-21, 2 Corinthians 5:1-5, Revelation 21:1-5, Revelation 22:1-5 and 1 John 3:2

In creating man in His image, He gave man a body and soul existence thereby conferring worth, dignity and permanence to our body's existence. As a result of the Fall, physical abnormalities, degenerative diseases, illnesses and death itself afflict human existence and will remain until Christ returns and brings redemption of the body. That means that there is no perfect health or perfect bodies until the Resurrection.

2. Our concern for and care of our bodies must be subservient to the greater concerns of our souls and the advancement of God's kingdom.

Matthew 10:28, 2 Corinthians 4:17-18, Matthew 6:25-33, 1 Timothy 4:7b-8, 3 John 2, 2 Corinthians 6:4-5, Philippians 2:25-30, Acts 20:24 and Acts 21:13

3. A long and healthy life is to be desired and responsibly sought when done for the sake of fruitfulness for God.

Philippians 1:9-11 and 19-26, Revelation 14:13, John 15:1-5

4. Poor health, chronic physical ailments and premature death may be the result of an unexplained exercise of the absolute sovereignty of God.

John 9:1-3, John 11 the raising of Lazarus, Exodus 4:11, Romans 8:28, 2 Timothy 4:20

5. Poor health, chronic ailments and premature death may be the result of Divine chastisement for sin or a Divine restraint to prevent sin.

Chastisement for sin see 1 Corinthians 11:27-32

As a Divine restraint to prevent sin see 2 Corinthians 12:1-10. Paul had a thorn which was not removed after three prayers of supplication as God permitted this thorn to prevent pride which would have cut the root of the Apostle's fruitfulness.

6. Poor health, chronic physical ailments and premature death, along with all their negative consequences, may be the result of ignorance, sinful carelessness or willful indifference with respect to the stewardship of the body as revealed in His Word.

Galatians 6:7-8, 1 Timothy 5:23, 1 Timothy 4:7b

7. The Gospel—the death, burial and resurrection of Jesus Christ, is great news for both body and soul. The resurrection of Christ assures us that we will have a new body, like unto His, that will live without death for all eternity.

1 Corinthians 15, Philippians 3:20-21, Revelation 2:7, Revelation 21:3-4, 1 Thessalonians 5:23

8. God centered exhortation to the presentation and consecration of our body as a living sacrifice to His service in response to the Gospel.

Romans 12:1-2, also see Romans 11:33-36, 6:12-14

9. Apostolic declarations and imperatives in regards to holy stewardship of the body.

1 Corinthians 6:12-20, 2 Corinthians 5:14-15

- A. Our body is made for the service of God, not for sexual immorality. Verse 13b

- B. Our bodies are destined for resurrection glory. Verse 14. God gives dignity and attention to our mortal body.

C. Our bodies are incorporated into our union with Christ. Verse 15

D. Our body is the temple of the Holy Spirit. We were bought at a price, the blood of Christ. Your body is owned by God. Vss. 19-20.

E. Glorify/honor God in your body. Verse 20

Understanding these truths precludes the worship of the body. Our bodies are made for the service of God, destined for resurrection glory, in union with Christ, the temple of the Holy Spirit, bought by Christ and owned by God so it can be used to honor and praise Him.

Body stewardship is not using the body for sexual immorality but in service to glorify God, who owns it. Care for it, feed it, use wisdom in what I put into it, what I don't put into it. Care for your body for the purpose of maximum usefulness.

10. Bodily exercise is profitable, though limited in its extent and duration. Yet it is deemed profitable and validated in general revelation. 1 Timothy 4:7-8

11. The health and prosperity of the body is encouraged as a matter of prayer and supplication. 3 John 2

12. An Apostolic example of self-control of the body.

1 Corinthians 9:24-27

I disciple/buffet my body and I make it my slave (bring it into subjection).

13. The opposite of the 6th commandment should be every Christian's pursuit in regards to life and care of the body. Exodus 20:13

Quotes from the Greater Catechism:

Q. 135. What are the duties required in the sixth commandment?

A. The duties required in the sixth commandment are all careful studies, and lawful endeavors, to preserve the life of ourselves and others by resisting all thoughts and purposes, subduing all passions, and avoiding all occasions, temptations, and practices, which tend to the unjust taking away the life of any; by just defense thereof against violence, patient bearing of the hand of God, quietness of mind, cheerfulness of spirit; a sober use of meat, drink, physic, sleep, labor, and recreations; by charitable thoughts, love, compassion, meekness, gentleness, kindness; peaceable, mild and courteous speeches and behavior; forbearance, readiness to be reconciled, patient bearing and forgiving of injuries, and requiting good for evil; comforting and succouring the distressed and protecting and defending the innocent.

Q. 136. What are the sins forbidden in the sixth commandment?

A. The sins forbidden in the sixth commandment are, all taking away the life of ourselves, or of others, except in case of public justice, lawful war, or necessary defense; the neglecting or withdrawing the lawful and necessary means of preservation of life; sinful anger, hatred, envy, desire of revenge; all excessive passions, distracting cares; immoderate use of meat, drink, labor, and recreations; provoking words, oppression, quarreling, striking, wounding, and whatsoever else tends to the destruction of the life of any.

15. Application of the golden rule. Matthew 7:12

"100 issues are settled by the Golden rule" J C Ryle

Dt. 4:9, Psalm 128:5 and Proverbs 17:9

16. Privilege and responsibility to be light and salt to the world.

Matthew 5:13-16, Philippians 2:14-15, Romans 12:2 and Ephesians 4:17

17. Warnings of gluttony.

Proverbs 23:20-21, Psalm 78:18, 1 Corinthians 10:31, Philippians 3:18-19, Deuteronomy 21:20, 1 Corinthians 6:19-20, Romans 13:14, 1 Corinthians 6:12, Proverbs 28:17, Titus 1:12

18. Biblical stewardship of one's body cannot be done apart from the grace of God and the power of the Holy Spirit.

John 15:4, Galatians 5:23, Romans 8:13, 2 Peter 1:2-9

Parting exhortations to the saints.

1. Let us not inwardly or verbally judge one another by appearance. John 7:24 and Matthew 7:1-5

2. Let us seek to be open and honest with one another in this area. James 5:16

3. Let us seek to be faithful and judicious and gracious in admonishing one another in this area. Hebrews 3:13, Romans 15:14, Galatians 6:1-2 and 1 Thessalonians 5:14

4. Prioritize and put on love. Colossians 3:12-14