

MAXIMUM IMPACT IN OUR WORLD

December 20, 2009

SERMON TITLE- ACTS-traordinary: Stewards of His Temple

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I hope it's Ok with all of you, if I just paste and send my "brainstorm" notes for my message.

I hope you were moved to gratitude and worship for the amazing gift of your body, and I hope you were inspired and encouraged to take better care of this great gift.

Grace to you as you seek to develop these offerings of health . . . unto the Lord,
Billy

What is **ONE** tangible way you can respond to this call to take better care of yourself?

Stewards of His Temple

I Corinth. 6: 19-20

Romans 12: 1

Mk 12: 30 **Heart, soul, mind, strength**

Psalm 139: 14

I Corinth 15: 35-53 Resurrection of the Body

We are **fearfully and wonderfully** made.

Our bodies are miraculous.

Our physical life is an amazing gift.

Our bodies are not spirit, but they **are spiritual**. Our bodies are an integral part of who we are as human beings. They are not just the packaging. Our physical nature is vital to our spiritual experience . . . our hands, feet, ears, voices, all our senses, our emotions, our physical strength, our work, our play. Our bodies and minds *along with* our spirit are how we experience relationship with our Creator . . . these are the channels for our worship, they fuel the expressions of our love and obedience. We are finite creatures – our bodies give substance to our lives and definition to our unique identities. We are not nebulous, ethereal spirits – we are **someBODIES!** And our bodies are part of the glory of God in us.

Incarnation – our God took on flesh. Jesus had a body. He didn't just *put one on*; he was conceived; grew in the womb; was umbilacled to his mother, born as a baby, and grew from infancy to manhood. Jesus nursed and cried and pooped and spit up. He scraped his knees, cut His fingers, bruised his muscles. He got hungry, tired, and sleepy. He sweat, he got blisters, he got dirt under his nails. He bled and died . . . and rose again - bodily!

Our bodies are the **temple of the Holy Spirit**. We should not take them for granted. We should be ever grateful for our bodies, caring for them with reverence - - for the One who has given them to us. We don't worship our bodies or bow down to health and fitness, but we worship

the One who has given us life. We honor Him by being good stewards of the body he has given each of us. In fact, for us who belong to Jesus, our bodies are not even ours anymore . . . “we have been bought with a price” – the precious blood of Jesus (I Corinth. 6:19-20)

We will have bodies in eternity when we are fully glorified. I Corinth. 15: 35-53

They will be whole, untainted, glorified bodies – immortal and imperishable. But we **will** have bodies! Seems to me, this affirms the essential and eternal value of our physical nature.

All this is meant **to inspire us** - - not with guilt or agonizing resolve, but with gratitude and worship; with joyful devotion to honor God for His great gift to us by being good stewards of our bodies. I am officially declaring health and fitness a spiritual discipline.

Sidebar: I am very aware that there are many whose bodies are less than whole. There are those born with debilitating conditions; there are many who battle chronic health problems, and some among us are battling life-threatening disease. I know there is pain, heart-ache, and confusion for many, and I can't answer all the questions . . . Mostly, brokenness of health is a part of the brokenness of our fallen, sinful world; and sometimes, to be honest, we contribute to our own health difficulties because we have not taken care of our bodies, and sometimes there really is a godly purpose in our broken bodies that holds a deeper treasure . . . as we grow to see God's grace in it. BUT whatever physical difficulty you face, I can say with humility and faith – **you are fearfully and wonderfully made!** Your life is a gift (even with the difficulties). You are precious. May God give you grace to know and rest in this truth, and remember - you have a sure & certain hope in Christ that someday your body will be redeemed, and you will have a whole, pain-free, glorified body for all eternity.

I want to suggest a few practical **offerings** we can “bring to this temple” unto the Lord. To thank and honor Him.

Fitness:

1. 3 X 30 (at least 30 minutes of focused physical activity – 3 times a week)
2. Multi-tasking (exercise and pray or worship or “read” or memorize)
3. Find a partner
4. Find incentives
5. Pray for grace!

Diet:

1. Minimize fats and sugars (to include simple carbs)
2. Cut meal portions in half
3. Increase fruits and vegetables
 - a. Eat these for your inbetween snacks
4. Avoid Fast Food!
5. Minimize soft drinks, tea, and coffee (a significant dollar savings as well)
6. Drink more water – at meals and throughout the day
7. Pray for grace!

Rest:

1. Get adequate (consistent) sleep (6-8 hrs a night)
2. “Work Hard” to keep boundaries on your work.
3. Honor the Sabbath . . . STOP working!
4. Take your vacations. Get away if at all possible

5. Pray for grace!

Check Ups:

1. Regular Physicals
2. Season of Life check-ups (ie – a colonoscopy at age 50)
3. See a dentist annually
4. Take advantage of health fairs (if you have little or no insurance)
5. *Get one of the “check-up” lists at the resource tables to remind you*