

# Honor God With Your Body

## Pastor Vince Smith — June 1, 2014

*For you created my inmost being; you knit me together in my mother's womb. Psalm 139:13 (NIV)*

*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; <sup>20</sup> you were bought at a price. Therefore honor God with your bodies. I Corinthians 6:19-20 (NIV)*

*"The most important one," answered Jesus, "is this: 'Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these." Mark 12:29-31 (NIV)*

### 1. REST

*"Remember the Sabbath day by keeping it holy. <sup>9</sup> Six days you shall labor and do all your work,<sup>10</sup> but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. <sup>11</sup> For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy. Exodus 20:8-11 (NIV)*

### 2. EXERCISE

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*A wise man is full of strength, and a man of knowledge enhances his might, Proverbs 24:5 (ESV)*

*I appeal to you therefore, brothers,<sup>[a]</sup> by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Romans 12:1 (ESV)*

### 3. EAT A HEALTHY DIET

### 4. FLEE FROM TEMPTATION

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*But if we have food and clothing, we will be content with that. <sup>9</sup> Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction. <sup>10</sup> For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs. I Timothy 6:8-10 (NIV)*

*No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Hebrews 12:11 (NIV)*

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing, and perfect will. Romans 12:2 (NIV)*

