



Sunday, December 10, 2010
Part 1
Pastor Calvin Kelly

PHYSICAL FITNESS

(Honoring God With Your Body)
1 Corinthians 6:19-20; Page 1132

1. MY BODY IS A **TREASURE**.

“Everything is permissible for me’ – but not everything is **beneficial**. ‘Everything is permissible for me’ – but I will not **be mastered** by anything.”
-1 Corinthians 6:12 (NIV)

“... our bodies ... were **made for the Lord**, and the **Lord cares** about our bodies. And God will **raise us** from the dead by his power, just as he raised our Lord from the dead.”

-1 Corinthians 6:13-14 (NLT)

2. MY BODY IS A **TOOL**.

“Do you not know that your **bodies** are **members of Christ Himself**?”
-1 Corinthians 6:15a (NIV)

“The body is a **unit**, though it is made up of **many parts**; and though all its parts are many, **they form one body**. So it is with Christ.”
-1 Corinthians 12:12 (NIV)

3. MY BODY IS A **TEMPLE**.

“Do you not know that your **body is a temple of the Holy Spirit**, who is in you, whom you have received from God?”

-1 Corinthians 6:19a (NIV)

“Don’t you know that **you yourselves are God’s temple** and that **God’s Spirit lives in you**?”
-1 Corinthians 3:16 (NIV)

“Do not get drunk on wine, which leads to debauchery. Instead, **be filled with the Spirit**.”
-Ephesians 5:18 (NIV)

INDWELLING - The Holy Spirit moves in the moment you trust Christ.

INFILLING - The Holy Spirit is “at home” in you. He rules, reigns, and controls.

4. MY BODY IS A **TRUST**.

“You are **not your own**; you were **bought at a price**.”
-1 Corinthians 6:19b-20a (NIV)

Four Disciplines that Honor God:

• Right **Eating**

“**Food for the stomach** and the stomach for food ...”

-1 Corinthians 6:13 (NIV)

• Right **Exercise**

“For **physical training is of some value**, but godliness has value for all things ...”
-1 Timothy 4:8 (NIV)

“The **sluggard says**, ‘There is a lion outside!’ or, ‘I will be murdered in the streets!’”
-Proverbs 22:13 (NIV)

• Right **Rest**

“Then he [Jesus] said to them, ‘The **Sabbath was made for man**, not man for the Sabbath.’”
-Mark 2:27 (NIV)

• Right View of **Sex**

“The body is **not meant for sexual immorality**, but for the Lord, and the Lord for the body.”
-1 Corinthians 6:13b (NIV)

“**Flee from sexual immorality**. All other sins a man commits are outside his body, but he who sins sexually sins against his own body.”
-1 Corinthians 6:18 (NIV)

“Therefore **honor God** with your body.”
-1 Corinthians 6:20b (NIV)

NIV – New International Version (1984)

NLT – New Living Translation (2004)