

LOADING...

WHAT TO DO WHILE YOU'RE WAITING

Growing Physically

Jesus grew in wisdom and stature, and in favor with God and man.
Luke 2:52 (NIV)

Four Motivating Truths about the Human Body

1. **Your Body Is a Treasure**

The body is for the Lord, and the Lord for the body. By His power God raised Jesus from the dead, and he will raise us also.

1 Corinthians 6:13-14 (NIV)

2. **Your Body Is a Tool**

Do you not know that your bodies are members of Christ himself?

1 Corinthians 6:15 (NIV)

3. **Your Body Is a Temple**

Do you not know that your body is a temple of the Holy Spirit, who is in you? 1 Corinthians 6:19 (NIV)

4. **Your Body Is a Sacred Trust**

. . . . You are not your own; you were bought at a price. Therefore honor God with your body. 1 Corinthians 6:19-20 (NIV)

The Key Question:

In what kind of body is God most comfortable?

- **Modest Bodies**

In every place of worship, I want men to pray with holy hands lifted up to God, free from anger and controversy. And I want women to be modest in their appearance. They should wear decent and appropriate clothing and not draw attention to themselves. . . . [Those] who claim to be devoted to God should make themselves attractive by the good things they do." 1 Timothy 2:8-10 (NLT)

- **Disciplined Bodies**

...train yourself to be godly. "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." This is a trustworthy saying, and everyone should accept it. This is why we work hard and continue to struggle, for our hope is in the living God... 1 Timothy 4:7-10 (NLT)

- Pure Bodies

But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. Ephesians 5:3 (NIV)

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.

Romans 12:1-2 (NIV)