

BODY

In this day and time, the number one focus of many people throughout the world is their body. It seems as if no one is ever fully happy with the way their body looks or feels. We see supermodels that look anorexic and yet they seem to think, and their bosses seem to think, that they need to lose a little more weight. Girls and boys alike are becoming anorexic and bulimic because of the pressures from their peers and the world in general. The world has a certain "look" that defines perfection and while only one percent can achieve it, the rest of us spend our lives trying to be like it. We do so many crazy things to our body in order to become what we think others want.

Not only do we feel as if we need the perfect body in order to be accepted, but we also feel as if we must have the perfect body to be loved. God said in 1 Samuel 16:7 that He does not look at the outward appearance of man, but rather He looks at the intentions of the heart. We must realize that God is less concerned with how our body looks according to the world's standards and more about how we use our body to honor and glorify Him. He wants us to realize that once we have accepted Him into our hearts, He becomes a part of us. Our bodies are no longer our own, but they were bought with a price. While the world around us is constantly pushing us toward their image, we must continue to strive to be more like Christ and honor Him with all of our lives, including our body. There are four important questions that we must constantly and continually ask ourselves in order to keep our body clean and useful for the Lord's service.

1 CORINTHIANS 6:19-20

"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body."

WHAT WILL I PUT IN MY BODY?

The first question that we must ask ourselves is what I will allow into my body. Our first inclination turns towards alcohol. While many people do not see anything wrong with alcohol, we must decide if that is proper to be putting into the temple of the Lord. Not only must we make our decision concerning alcohol, but it also relates to drugs and other foreign substances, including tobacco. Today, drug abuse is at a record high and we must choose to keep ourselves clean from those harmful substances. Another area that we must consider is in the area of food. Many of us can deal with a lot of things, but cannot deal with someone messing with our food! We should eat healthy and in proper portions and not give ourselves over to gluttony. If we have accepted Christ into our lives then He is living in our hearts and should deserve the best dwelling place possible.

WHAT WILL I PUT ON MY BODY?

After we decide and properly evaluate what we should allow into our bodies, we must also choose what we will put on our bodies. Yes, this means clothes! Many times we allow the world to set our standards when it comes to clothing. If it's cool to wear a tube top, then we wear a tube top. If it's cool to wear short shorts, then we wear short shorts. Despite what the latest trend is, we should dress in a respectable and honorable manner. We cannot dress like a hooker and not expect to be treated like one. When we dress without any regard to God, we set ourselves up for defeat and temptation. Each of us must make a certain standard that we will live by when it comes to the clothes that we wear.

WHERE WILL I TAKE MY BODY?

This question is one that plays a major part when it comes to honoring God. We have to make smart decisions about where we allow ourselves to go. We cannot go to parties and not expect to eventually drink or participate in activities that we do not want. We must choose to not even participate in those areas and in return keep ourselves from being tempted with those things. If we do not want to drink, we should never attend a party where we know there will be alcohol. We also cannot place ourselves in areas of sexual temptation. If we want to remain a virgin until we are married, then we do not need to place ourselves in situations where we are alone with the opposite sex. We need to design dates that keep us away from temptation. We must determine in our hearts, not to allow ourselves to be caught in a situation where we must make a life-changing decision.

WITH WHOM WILL I SHARE MY BODY?

In today's society, sex is a casual thing. What once was an honored and glorified act has become something that teenagers do frequently with people they do not really even know. God designed our bodies to be saved for one person our entire life. We have to decide what our standards are when it comes to affection. How far are we willing to go? What is our absolute limit? If we do not make these decisions now, we will make the wrong ones when the moment of temptation comes. God bought us each at a price, the life of His only Son, and we should live to honor Him with our body. We should choose now that we will only share our body with one person and that will be our future husband or wife.

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