

## **God and Your Bod**

*In Shape – Part 1*

*“Do not be shaped by this world; instead be changed within by a new way of thinking...”*  
Romans 12:2 (NCV)

### **Why My Body Matters to God**

*(1 Corinthians 6:12-20)*

#### **1) It impacts my relationships with others.**

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

#### **2) It reveals God’s priority in my life.**

*“Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God?...” vs. 19a (NLT)*

#### **3) It was created for His purposes.**

*“Don’t you realize that your bodies are actually parts and members of Christ?...if you give yourself to the Lord, you and Christ are joined together as one person.” vs. 15a, 17 (LB)*

*“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”*  
Ephesians 2:10 (NIV)

Bottom Line: My body was created by God, for God, to honor God.

*“...give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.”*

Romans 12:1 (NLT)