

D-LIFE BOOT CAMP

Training for a lifestyle
of discipleship.



Keeping it Real

CHRISTIAN FELLOWSHIP

Pastor Dale L. Crawley Sr.

"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." Matthew 28:19-20

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Health/Body

Our Bodies are a Gift from God

Have you ever considered your body as a sacred temple? And not just any temple, but a temple of the Holy Spirit of God. Sounds a little far-fetched? Well, it isn't.

In the Bible, Paul writes in 1 Corinthians 6:19-20, "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; you were bought at a price. Therefore honor God with your bodies." It's often easy to forget that our bodies are not truly ours. From the food we consume to the activities we participate in; we sometimes neglect the physical aspect of our beings. However, according to Paul, our bodies are more than just vessels for our souls. They are sanctuaries of the Holy Spirit and as such, we have a responsibility to maintain and care for them.

The idea of our bodies being temples of the Holy Spirit implies that God Himself dwells within us. This realization can be both inspiring and humbling. It inspires us to strive for purity, holiness and health because we house the Spirit of God. At the same time, it can humble us because it reminds us of the price paid for our bodies – the sacrificial death of Jesus Christ on the cross.

When we view our bodies through this lens, it becomes clear that taking care of our physical health isn't just about looking good or living longer. It's an act of worship. It's a way of honoring God, showing gratitude for the life He has given us and acknowledging the Holy Spirit within us. When we eat healthily, exercise regularly, get sufficient sleep and avoid harmful behaviors, we are maintaining the temple that God has entrusted to us. We are showing respect for His creation and His sacrifice.

The key to understanding this biblical mandate lies not in guilt, but in love.

Our loving God has granted us these beautiful, complex bodies to navigate our earthly existence. When we care for them, it's not out of fear, but out of love for the One who created us.

1. Creation

When God created the first human physical bodies, they were “very good.” We know this because in Gen. 1:31 God saw everything He created and said it was “very good”. Gen. 1:31, “Then God saw everything that He made, and indeed it was very good. To the evening and the morning were the sixth day”.

God took particular care in the creation of the physical bodies of the first man and woman, as is evident from the detailed biblical description of God’s activity in the process. Whereas the other parts of creation had been formed simply by God commanding “Let there be light” (Gen. 1:3), “Let the earth sprout vegetation” (v. 11), or “Let the earth bring forth grass, the herb that yields seed, and the fruit tree that yields fruit according to its kind”, or “Let the earth bring forth the living creation according to its kind: cattle and creeping thing and beast of the earth each according to its kind”: and it was so. God said it and it was so!

Now when God made man (Adam), He formed man and put His very own breathe into him. Gen. 2:7 “The LORD God formed the man of the dust from the ground and breathed into his nostrils the breath of life, and he became a living creature”. Here the Hebrew word translated as “formed” is *yatsar*, a verb elsewhere used of a potter who “forms” clay into a pot (Isa. 29:16).

Then God made woman (Eve), He formed her too. Gen. 2:22, “then the rib which the LORD God had taken from man He made into a woman, and He brought her to the man”. The Hebrew word translated as “made” is *banah*, which usually means “to build,” and is used of Cain building a city (Gen 4:17), Noah building an altar (Gen. 8:20), or people building houses (Deut. 8:12; 20:5).

Both verses in Genesis 2 speak of God’s detailed personal attention in forming the physical bodies of man and woman. Certainly, Adam and Eve’s bodies were included in the delight that God felt when he “saw everything that he had made,” and “behold, it was very good” (Gen. 1:31).

Therefore, Our Physical Bodies Are Important to God. God has made our bodies, and they are awe-inspiring in their intricate complexity: Ps. 139: 13-14

For You formed my inward parts;

You covered me in my mother’s womb.

I will praise You, for I am fearfully and wonderfully made;

Marvelous are Your works,

And *that* my soul knows very well.

God will someday fulfill His original purpose for our bodies and make them to be

perfect once again (1 Cor. 15:51-55) and in our perfect resurrection bodies we will glorify him forever. Therefore, we should not neglect our physical bodies, but care for them and be thankful to God for them.

Why Do We Take Care of Our Gift (The Body)

Paul let us know that our bodies are temples for the Holy Spirit. In 1 Cor. 6:19-20, *“Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? 20 For you were bought at a price; therefore glorify God in your body [a]and in your spirit, which are God’s.”* In fact, our physical bodies are how we serve God.

- Sing praise – voices
- Evangelism - voices to speak, minds to think and ears to hear
- Prayer – voices and/or brain cells
- Teaching – Voices, brain cells, fingers (typing and writing)
- Ministry of Mercy – carrying food, going to the hospital
- Parenting – caring for your child
- Secular Job’s – use your body (Col. 3:23)

Knowing the Holy Spirit uses our bodies to minister to others, we should take reasonable care of our body.

How Do We Care for Our Gift (The Body)

1. Commonsense Health Habits.

So, if our bodies are important to God and if we can serve him more effectively and extensively in healthy bodies, then we should make wise choices on what we do with our bodies. We should recognize that it is pleasing to God and that it is consistent with purposes for us in this life for us to give attention to commonsense health habits, such as getting regular exercise, eating a proper diet, getting enough sleep, wearing a seat belt while driving, washing our hands before eating, and not taking physically reckless or foolish risks.

The fact is that most people, at most stages of life, have the ability to make a significant difference in their own health and physical well-being by their choices of lifestyle and health habits, they can affect the number of years they are able to live and carry out effective work in God’s kingdom.

2. Physical Exercise.

Paul recognizes that bodily training is “of some value.” It is not as valuable as training in godliness, but it is still worthwhile: 1 Tim. 4:8 “For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.”

Paul also apparently exercised some kinds of self-discipline with respect to his own physical body, for he explains the Christian life using an athletic metaphor (but says he is doing this not for earthly honor but for a “imperishable” heavenly rewards): 1 Cor. 9:25-26 “And everyone who competes *for the prize* is temperate in all things. Now they *do it* to obtain a perishable crown, but we *for* an imperishable *crown*. Therefore I run thus: not with uncertainty. Thus I fight: not as *one who* beats the air.”

Did you know that modern medical research continues to demonstrate multiple benefits that come from regular physical exercise

- Control weight
- Combats health conditions
- Improves moods
- Boosts energy
- Promotes better sleep
- Improves sex life
- Helps build social bonds

3. Sleep

The bible views sleep as important and as a gift from God. In fact, not getting enough sleep can be an indication of anxiety and lack of trust in God for the successful outcome of one’s efforts:

Ps. 127:2 “*It is* vain for you to rise up early,
To sit up late,
To eat the bread of sorrows;
For so He gives His beloved sleep.

An effective day of productive work leads to a good night’s sleep, according to the book of Ecclesiastes: The sleep of a laboring man *is* sweet, Whether he eats little or much; But the abundance of the rich will not permit him to sleep (5:12)

This issue is important, because prolonged lack of sufficient sleep can have serious health consequences. The effects can include:

- Fatigue
- Moodiness and irritability
- Reduced creativity and problem-solving skills
- Inability to cope with stress
- Reduced immunity
- Impaired motor skill
- Increased risk of diabetes, heart disease, and other health problems

So, remember to take care of your gift, your body. It is a Temple for the Holy Spirit to dwell. 1 Cor. 6:19-20 “Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body [a]and in your spirit, which are God’s.
