



Physically Healthy Christians

1 Corinthians 6:19-20 (KJV)

¹⁹ What? know ye not that your body is the temple of the Holy Ghost *which is* in you, which ye have of God, and ye are not your own? ²⁰ For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

WHAT GOD SAYS ABOUT MY BODY

1. My body is God's _____.

Psalm 139:13 (NIV2011) ¹³ For you created my inmost being; you knit me together in my mother's womb. **Psalm 139:14 (MSG)** ¹⁴ I thank you, High God—you're breathtaking! Body and soul, I am marvelously made! I worship in adoration—what a creation!

2. God expects me to _____ my body.

1 Corinthians 6:12 (NIV2011)

¹² "I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything.

3. My body will be _____ after I die.

1 Corinthians 6:14 (NIV2011)

¹⁴ By his power God raised the Lord from the dead, and he will raise us also.

4. My body is connected to the _____.

1 Corinthians 6:15 (NIV2011)

¹⁵ Do you not know that your bodies are members of Christ himself? Shall I then take the members of Christ and unite them with a prostitute? Never!

Jesus gave His body _____ and He wants you to _____ Him with yours.

5. The Holy Spirit _____ my body.

1 Corinthians 6:19 (NIV2011)

¹⁹ 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;

1 Corinthians 3:16 (MSG)

¹⁶ You realize, don't you, that you are the temple of God, and God himself is present in you?

1 Corinthians 3:17 (MSG)

¹⁷ No one will get by with vandalizing God's temple, you can be sure of that. God's temple is sacred—and you, remember, *are* the temple.

You are God's dwelling place _____.

2 Corinthians 6:16 (GW)

¹⁶ Can God's temple contain false gods? Clearly, we are the temple of the living God. As God said, "I will live and walk among them. I will be their God, and they will be my people."

6. Jesus _____ on the cross.

1 Corinthians 6:19 (NLT)

¹⁹ 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? You do not belong to yourself,

1 Corinthians 6:20 (NLT)

²⁰ for God bought you with a high price. So you must honor God with your body.

Romans 12:1 (NLT)

¹ And so, dear brothers and sisters, I plead with you to 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.

John 5:6 (NLT)

⁶ When Jesus saw him and knew he had been ill for a long time, he asked him, "Would you like to get well?"

God wants you to be physically healthy so that you can _____
_____ for His kingdom.

Good Questions

1. The Bible says your body is God's property and that you are the dwelling place of the Holy Spirit. How does that affect the way you see yourself?
2. What do you think you will do differently knowing this fact?
3. What does it look like to you to manage your body?