

New Year: a Rented House

a Theology of Physical Fitness

(It's not what you think!)

1 Corinthians 6:19-21 and 1 Corinthians 10:31

Theology of Resolution (2 Thessalonians 1:11-12)

1. Resolve good things.
 2. Resolve to accomplish good things by faith.
 3. Realize that good things come through God's power.
 4. Remember that Jesus gets all the credit (for all the good things).
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Theology of Reconciliation (2 Corinthians 5:17-21)

1. Reconciliation was initiated by God. (vs. 18)
 2. Reconciliation was accomplished on the cross. (vs. 18b)
 3. Reconciliation means God doesn't count our sin against us. (vs. 19b)
 4. Reconciliation is a message God wants us to share with the world 19c-20
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Theology of Physical Fitness

*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**; 20 you were **bought** at a price. Therefore **honor God with your bodies**. 1 Corinthians 6:19-21*

1. You are bought with a price.

- from a destiny in hell. (Romans 3:23-25)
- from satan and sin. (Colossians 2:13-15, 1 Peter 1:18-19)
- from our sinful selves. (2 Corinthians 5:15)
- from other people and their expectations. (1 Corinthians 7:23)

2. Your body is not your own.

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve (ready to do) what God's will is—his good, pleasing and perfect will. Romans 12:1-2

3. Your body is a 'temple' of the Holy Spirit.

- Holy Spirit is not 'temporal' - identifies and influences.
- Holy Spirit guarantees our salvation. (Ephesians 1:13-14)

— Holy Spirit guides us into all truth. John 16:13-14
— Holy Spirit carries out the mission of Jesus - **through us**. Acts 1:8
*But you will receive power when the Holy Spirit comes on you;
and you will be my witnesses in Jerusalem, and in all Judea and Samaria,
and to the ends of the earth.”*

SO...

4. Glorify God with your body.

So whether you eat or drink or whatever you do, do it all for the glory of God.
1 Corinthians 10:31

Music

Sermon Part 2

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We are on a mission - created on purpose and for a purpose.

We are living in a 'rented house'.

Many of us use our bodies to honor ourselves...
for beauty, vanity or acceptance.

However, our bodies are 'on loan' to us to help complete our mission.
They are tools intended to be useful to others and to God.

When we borrow something, shouldn't we return it in better condition than we found it?

Three Things to Consider

1. Energy
2. Longevity
3. Purpose

Are my personal decisions helping me accomplish my mission?