

YOU AND YOUR BODY

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A false doctrine about the physical, fleshly body states that it is inherently evil and full of sin, while the soul remains pure and unblemished. This idea can be found taught in certain religious sects and cults. Some believers in this doctrine will deny the body many of the pleasures of life (asceticism), others will sin without guilt, and some will even commit suicide to leave behind the defiled “container” so that the soul can go to wherever it will find bliss. One group known as the Gnostics held to this false theory about the body and they taught that Christ did not come in the flesh. John warned of such saying, *“For many deceivers have gone out into the world who do not confess Jesus Christ as coming in the flesh. This is a deceiver and an antichrist”* (2 John 7). The Bible refutes this false doctrine and teaches us the proper view and use of our physical bodies.

CREATED BY GOD – Both our inner man and outer man were created by God (Genesis 1-2). Our physical bodies are condemned to death because of sin (1 Corinthians 15:21-22). We bear that consequence of sin in the mortality of our bodies. Yet we are to see our bodies as God’s creation to house our spiritual selves. Our bodies are not inherently evil or full of sin. We are sinners when we choose to use our bodies to transgress God’s will.

UNDER OUR CONTROL – The body God has given us is to be taken care of properly. We are responsible for its use. Paul said, *“I discipline my body and bring it into subjection”* (1 Corinthians 9:27). Each of us are commanded to *“know how to possess his own vessel in sanctification and honor”* (1 Thessalonians 4:4). Your body is to be presented as *“a living sacrifice, holy, acceptable to God, which is your reasonable service”* (Romans 12:1). Each person must see himself as *“bought at a price; therefore glorify God in your body”* (1 Corinthians 6:20).

RAISED IN INCORRUPTION – Paul spoke about the change that would take place when the body is raised from the dead: incorruptible, glory, power, spiritual (1 Cor. 15:35-54). *“We who are in this tent groan, being burdened, not because we want to be unclothed, but further clothed, that mortality may be swallowed up by life”* (2 Cor. 5:4). What hope for our body and spirit!