A COMPREHENSIVE DISCIPLESHIP SERIES

VICTORIOUS CHRISTIAN LIVING INTERNATIONAL

Advancing Biblical Discipleship Worldwide

Spiritual 1
Psychological 2
Social 3
Physical 4
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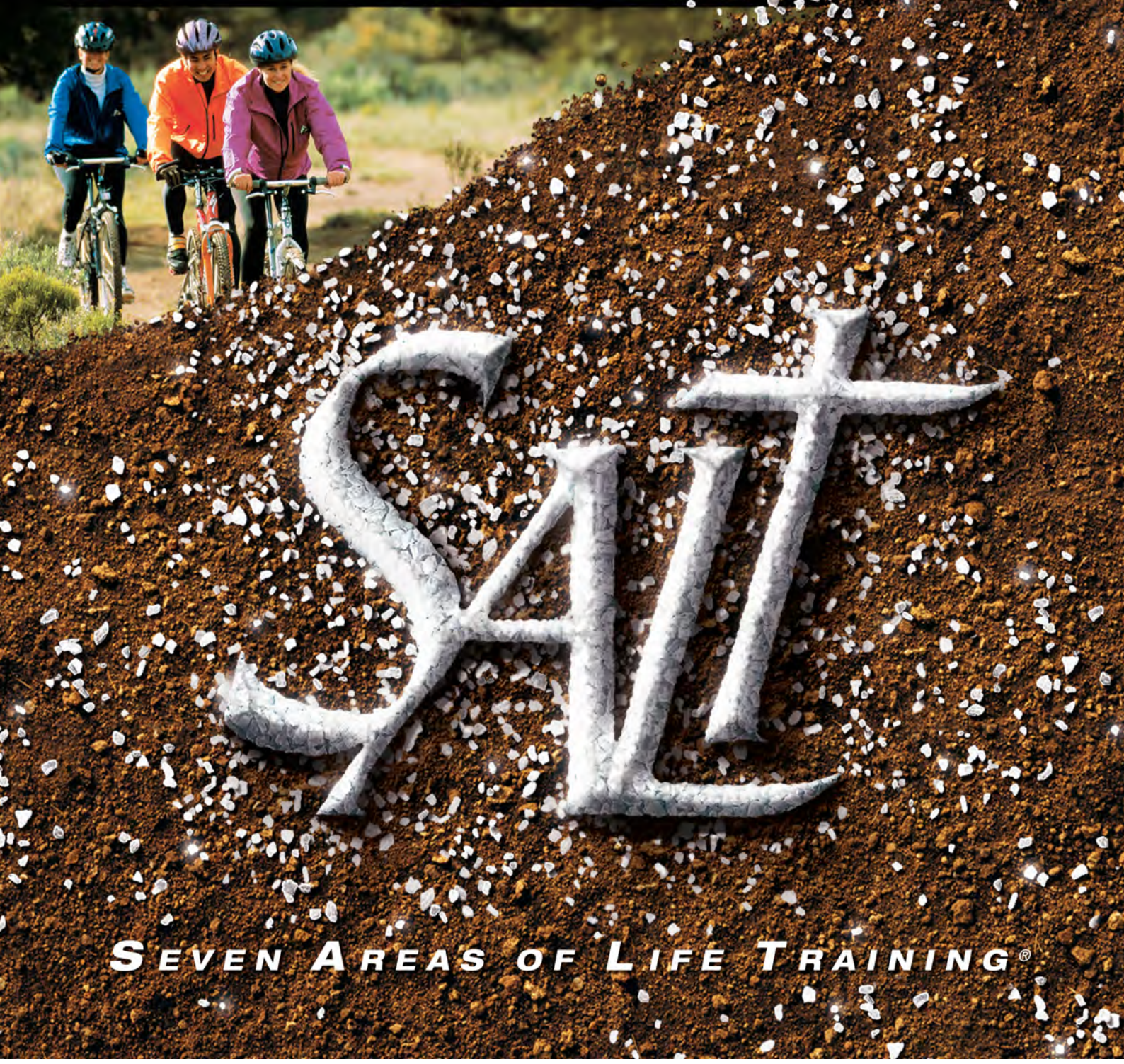
My Body



SALT

SEVEN AREAS OF LIFE TRAINING®

About This Series

Learning how to live victoriously in all seven areas of life is the goal of this comprehensive discipleship series by Victorious Christian Living International.

This small group or self-study book is simple, yet dynamic. Biblical truths are visually illustrated with powerful diagrams.

Solid Biblical truth is taught in each lesson with a challenge to apply that truth to your life. It is when you apply that truth and share it with others that your life will be profoundly changed.

About This Book

The Physical Area of Life deals with your body.

In four powerful chapters, you will find challenges to get real in the physical area of life and start enjoying the body God gave you.

VICTORIOUS CHRISTIAN LIVING INTERNATIONAL

Advancing Biblical Discipleship Worldwide

Phoenix Arizona

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Discipleship made simple.

Chapter 1

YOUR EARTHLY TENT

> *"Or don't you know 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, for God bought you with a high price. So you must honor God with your body."* **1 Corinthians 6:19–20** (NLT)

The physical area of life is about your body and how it relates to the world around you. Your body can be used as a tool for good or evil.

The physical area of life is important because the body was created by and for God. When you believe your body does not belong to you, but rather to God, it leads to using your body as God intends.

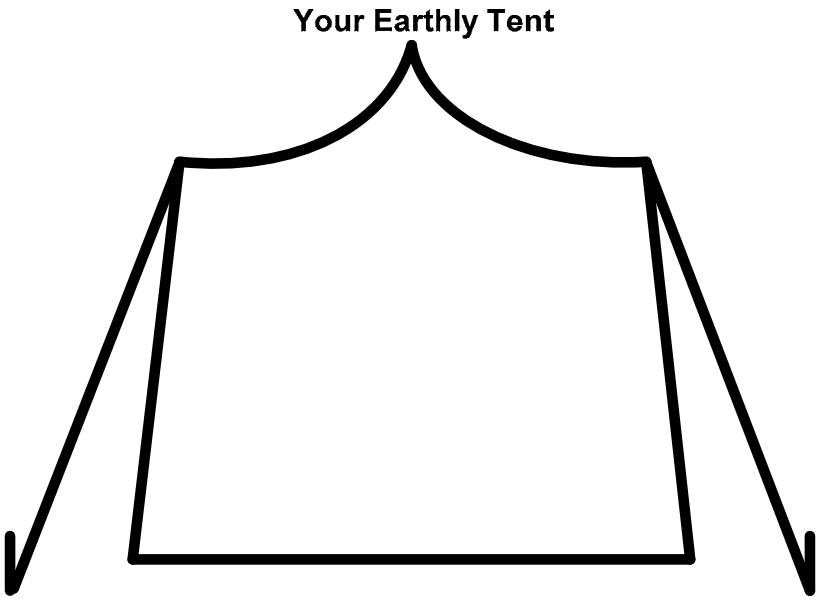
However, most people think that their body is their own and they can do with it as they please.

Q1. Do you behave like your body belongs to God or to you? Explain.

Your Earthly Tent

At times, the Bible compares your body to a tent you inhabit while you live on earth. The body is inhabited by your soul and spirit. Just like the person living in a tent is more important than the tent; your body is not the most important part of you either.

> *"For we know that when this **earthly tent** we live in is taken down – when we die and leave these bodies – we will have a home in heaven…"* **2 Corinthians 5:1** (NLT)



The Bible teaches that your body is not the most important part about you. Believing otherwise can cause you to attempt to gain significance through how your body looks or what it can achieve.

Q2. How much effort do you make to improve your body?

Q3. Is the motivation for improving your body a desire to be noticed or accepted by the people around you? If not, what is your motivation?

> *"This is what the LORD says: 'Let not the wise man gloat in his wisdom or the **mighty man in his might**, or the rich man in his riches.'"* **Jeremiah 9:23** (NLT)

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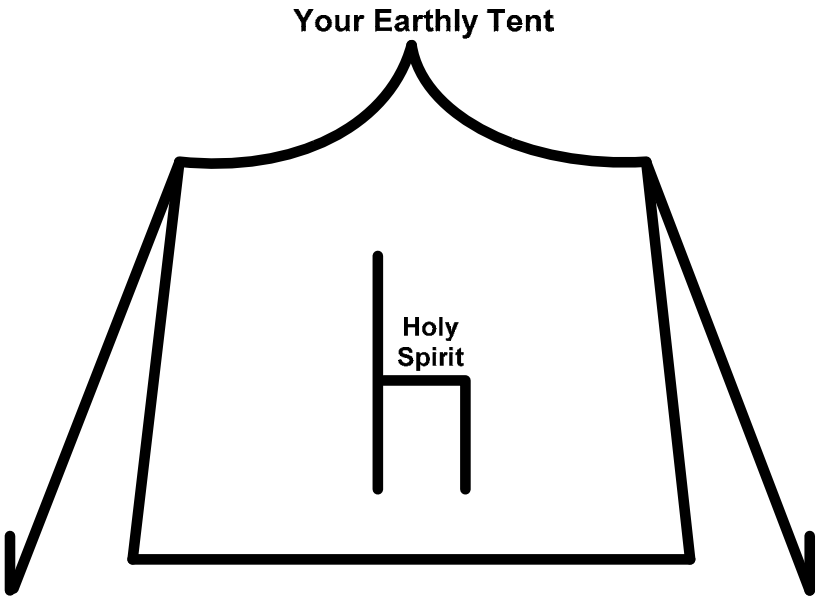
Holy Spirit Inside

The Bible also teaches that His Holy Spirit lives inside of you.

> *"The Spirit of God, who raised Jesus from the dead, **lives in you**. And just as he raised Christ from the dead, he will give life to your mortal body by this same Spirit living within you."* **Romans 8:11** (NLT)



This truth is shown in the diagram above with a throne on the inside of your tent. The Holy Spirit is seated on the throne showing He is inside of your life.

The Holy Spirit comes into you when you receive forgiveness for your sins and invite Jesus to enter your life. God doesn't live in a building here on earth; He makes His home in our hearts.

> *"Or don't you know that your body is the temple of the Holy Spirit, who **lives in you** and was given to you by God?"* **1 Corinthians 6:19** (NLT)

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Wonderfully Made

When God created man, God formed his physical body first and then breathed life into him.

> *"And the LORD God formed a man's body from the dust of the ground and breathed into it the breath of life. And the man became a living person."* **Genesis 2:7** (NLT)

God said the creation of mankind was "very good."

> *"Then God saw everything that He had made, and indeed it was **very good**. So the evening and the morning were the sixth day."* **Genesis 1:31** (NKJ)

Before their rebellion against God, Adam and Eve enjoyed fellowship with God, and that fellowship was experienced in their physical bodies.

There is nothing evil about the human body. Remember Jesus had one!

You use your body to articulate your prayers, praise, and love for God. Throughout the Bible, the body is seen as a marvelous gift from God.

> *"I will give thanks to You, for I am fearfully and **wonderfully made**; Wonderful are Your works, And my soul knows it very well."* **Psalm 139:14** (NASB)

This verse says the response to God is one of thanksgiving for the creation of your body.

However, some people dislike their bodies (tents) or wish their bodies were different. "If I could improve my body then I'd feel better about myself."

Q4. Are you satisfied with how God made you? Explain.

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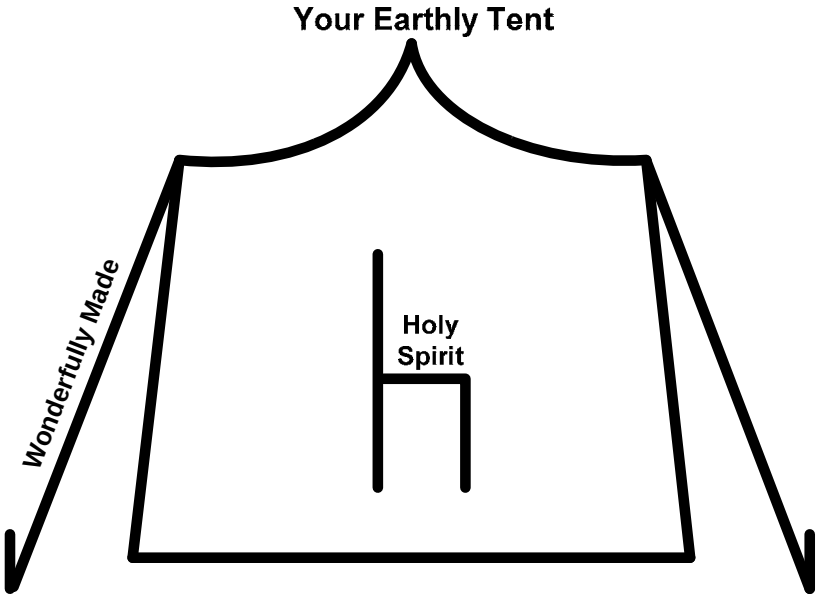
> *"Who in the world do you think you are to second-guess God? Do you for one moment suppose any of us knows enough to call God into question? Clay doesn't talk back to the fingers that mold it, saying, 'Why did you shape me like this?'"* **Romans 9:20** (MSG)

Q5. Are you willing to thank Him for your body? Explain.

Q6. Have you taken care of the body God has given you? Explain.



Belongs to God

Not only did God create you but because mankind sinned and turned away from Him, God had to buy you back with the death of His Son Jesus.

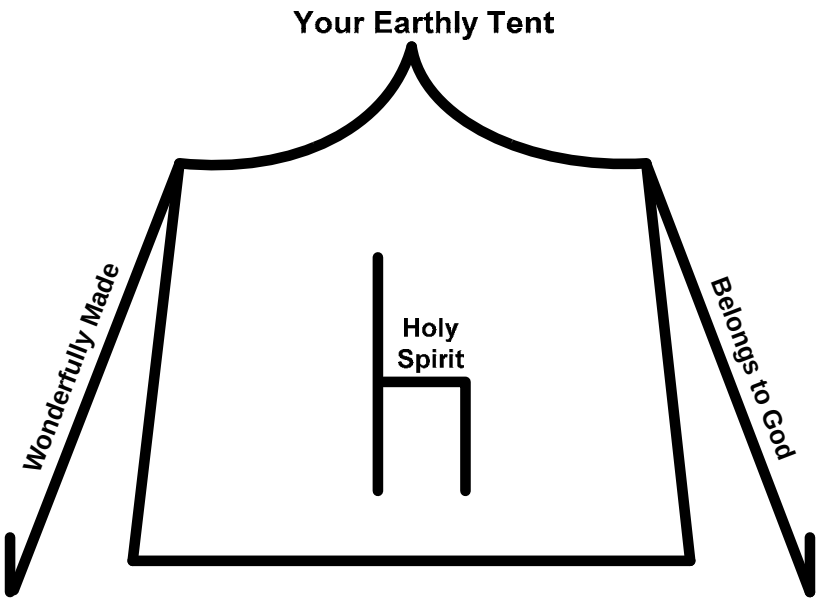
> *"…For God bought you with a high price. So you must honor God with your body."* **1 Corinthians 6:20** (NLT)

> *"He died for everyone so that those who receive his new life will no longer live to please themselves. Instead, they will live to please Christ, who died and was raised for them."* **2 Corinthians 5:15** (NLT)

Q7. What do these verses say your response is to be regarding the fact that God bought you?

Your body isn't for your own use, to gain praise or acceptance, it is a tool given to you by God to accomplish His purposes. Your body is an instrument to bring praise to God not to bring praise to yourself.

> *"…The physical part of you is not some piece of property belonging to…you.* ***God owns the whole works****. So let people see God in and through your body."*
> **1 Corinthians 6:20** (MSG)



You can use your body as a tool to do wrong things or as a tool to do right things.

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> *"Do not let any part of your body become a tool of wickedness, to be used for sinning. Instead, give yourselves completely to God since you have been given new life. And use your whole body as a tool to do what is right for the glory of God."* **Romans 6:13** (NLT)

God's will for you is to know Him and let people see Him through your body by doing the things He wants you to do.

Q8. If you think of your body as a tool for God's glory, how does that affect what you do with it?

> *"And so, dear brothers and sisters, I plead with you to give your bodies to God. Let them be a living and holy sacrifice – the kind he will accept. When you think of what he has done for you, is this too much to ask?"* **Romans 12:1** (NLT)

Taken Down

God's original plan was for mankind to never die but when Adam and Eve sinned, death entered the world. Their bodies began to decay and die. Our physical bodies are decaying and passing away too. Your earthly tent will be taken down.

> *"For we know that when this **earthly tent** we live in is **taken down** – when we die and leave these bodies – we will have a home in heaven, an eternal body made for us by God himself and not by human hands."*
> **2 Corinthians 5:1** (NLT)

> *"Our dying bodies make us groan and sigh, but it's not that we want to die and have no bodies at all. We want to slip into our new bodies so that these dying bodies will be swallowed up by everlasting life."*
> **2 Corinthians 5:4** (NLT)

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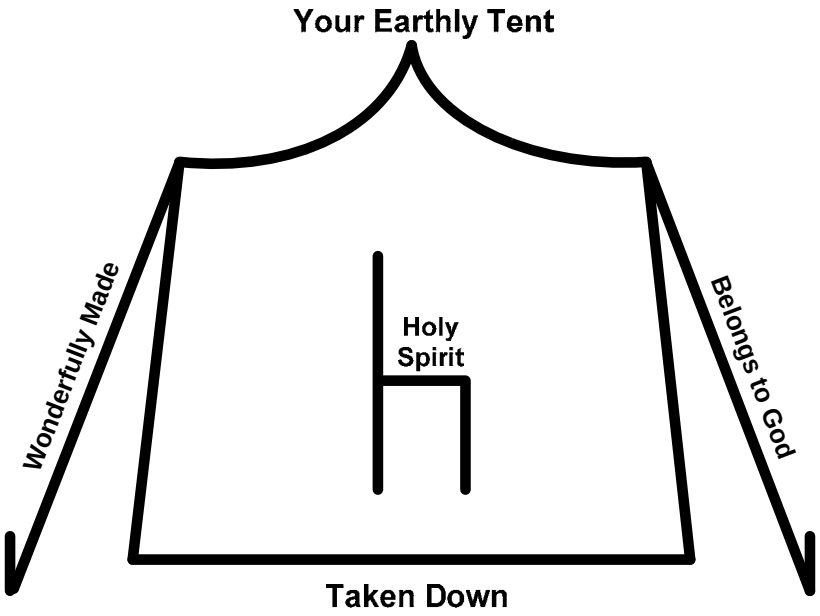

Q9. How do you feel about death?

Q10. Did you realize that God is making you an eternal body that will live forever?

You will receive a new body like the one Jesus received when He was resurrected.

> *"But the fact is that Christ has been raised from the dead. He has become the first of a great harvest of those who will be raised to life again. So you see, just as death came into the world through a man, Adam, now the resurrection from the dead has begun through another man, Christ. Everyone dies because all of us are related to Adam, the first man. But all who are related to Christ, the other man, will be given new life."*
> **1 Corinthians 15:20–22** (NLT)

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Q11. What difference does knowing that you will receive a new body make in your everyday life?

> *"Jesus said to her, 'I am the resurrection and the life. He who believes in Me, though he may die, he shall live.'"*
> **John 11:25** (NKJ)

Personal Application

Take time to **acknowledge God** as the Creator and Owner of your body.

Thank God for His wonderful creation of your body.

Dedicate your body to God.

Q12. What does He want you to do and not do with your body?

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Your Earthly Tent

Diagram

Notes

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