

OUR BODY TEMPLE

In our recent studies, we have been focusing our attention on the truth that God has made all men His stewards (Matthew 25:14-30; 1 Corinthians 4:1,2), placing upon them a responsibility for how they use their time and means, especially the seventh part of their time--the Sabbath, and a tenth part of their means--the tithe. A third area in which the Christian steward has great responsibility to his Creator is in how he keeps his body and mind.

Why should we include physical and mental health in a study of religion? You will recall in our early lessons that the human race, after Adam's sin, began to deteriorate not only spiritually, but physically and mentally, gradually to a very low ebb. In restoring us to His own image, God wants to improve us in the same three ways--physically, mentally, and spiritually. Why? Because each is inseparably affected by the other two. We often call this the "whole man." Poor physical health dulls the mind, which in turn lessens our sharpness in studying Bible truth. Mental problems affect both physical and spiritual health. And spiritual problems, such as guilt, or uncertainty, fear of being caught, and the like, affect the mind and body.

Thus, we have license to study about physical and mental health in our series of Bible studies, for they are inseparably related to our spirituality, and thus have eternal implications.

1. Begin by reading Romans 12:1,2. This is Paul's great appeal to faithfulness in the physical and mental areas of our lives. What does he mean by
 - (a) "Living sacrifices" in verse 1? _____
 - (b) "A reasonable service" also in verse 1? _____
 - (c) What is the object of his appeal in the last part of verse 2?

2. What very meaningful term does the Lord give for our entire being in 1 Corinthians 6:18-20?

3. How far does the apostle Paul say that this type of dedication should go in 1 Corinthians 10:31 and 1 Thessalonians 5:23? (Read also Colossians 3:1-10.)

4. What attitudes or outlooks on life are vital to our total good health according to Proverbs 17:22 and 1 Timothy 6:6?


5. God utilizes some very basic principles as a way to good, vibrant, total health. They include **cleanliness, fresh air, sunlight, proper nutrition, pure water, adequate rest, exercise, obedience to physical laws, self-control, and peace of mind.**

Sin has led to pollution, imbalance, excess, confusion, violation of all of these "laws" for the best of health. Note the contrasts between Bible counsel and some of these areas where Satan works to unbalance and control our minds, bring ill health to our bodies, and thus affect our spiritual relationship with God.

- (a) Use of tobacco with its results--poor breath, impure blood, lung cancer, premature death. Contrast Isaiah 35:8 and Revelation 21:27.
- (b) Use of alcoholic beverages which clouds the mind, obscures the conscience, loosens the morals, enfeebles the body. Contrast Proverbs 20:1; Proverbs 23:29-35; Ephesians 5:18; Deuteronomy 29:6.
- (c) Use of harmful drugs, the results of which regularly make headlines in the newspaper. Contrast some of the ten commandments in Exodus 20:12-15; 1 Corinthians 9:25.
- (d) Use of unclean meats, harmful stimulants, excess in anything. Note God's original diet in Genesis 1:29, an adapted diet due to necessity in Genesis 9:1-4, and God's limitation of that diet in Leviticus 11:1-12. Tea, coffee, etc., contain harmful stimulants which are unhealthful, as is overeating and excess even with good things.
- (e) Feeding on today's typical theatrical performances, with their focus on immorality, violence, the unreal and imaginative, suggestiveness. Contrast Romans 13:14; Philippians 4:8.
- (f) Feeding on cheap music, poor reading materials, excess excitement, any of which place us in a condition where it is almost impossible to find time and a state of mind to "be still, and know that I am God."---Psalm 46:10.

6. What blessings--physical, mental, spiritual--does God wish for us in 3 John 2?

7. How can we gain victory over the world, its allurements and poor habits, which are opposite to a true, godly life? 1 John 5:4.

<p><u>God's Design for Man:</u></p> <p>1a. _____</p> <p>2. _____</p>	<p style="text-align: center;"><u>God's Principles for Health</u></p> <p>5. _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
	
<p style="text-align: center;"><u>Satan's Binding Chains</u></p> <p>5a. _____ 5d. _____</p> <p>5b. _____ 5e. _____</p> <p>5c. _____ 5f. _____</p> <p>5d. _____ 5f. _____</p>	

OUR BODY TEMPLES

Notes for the Instructor

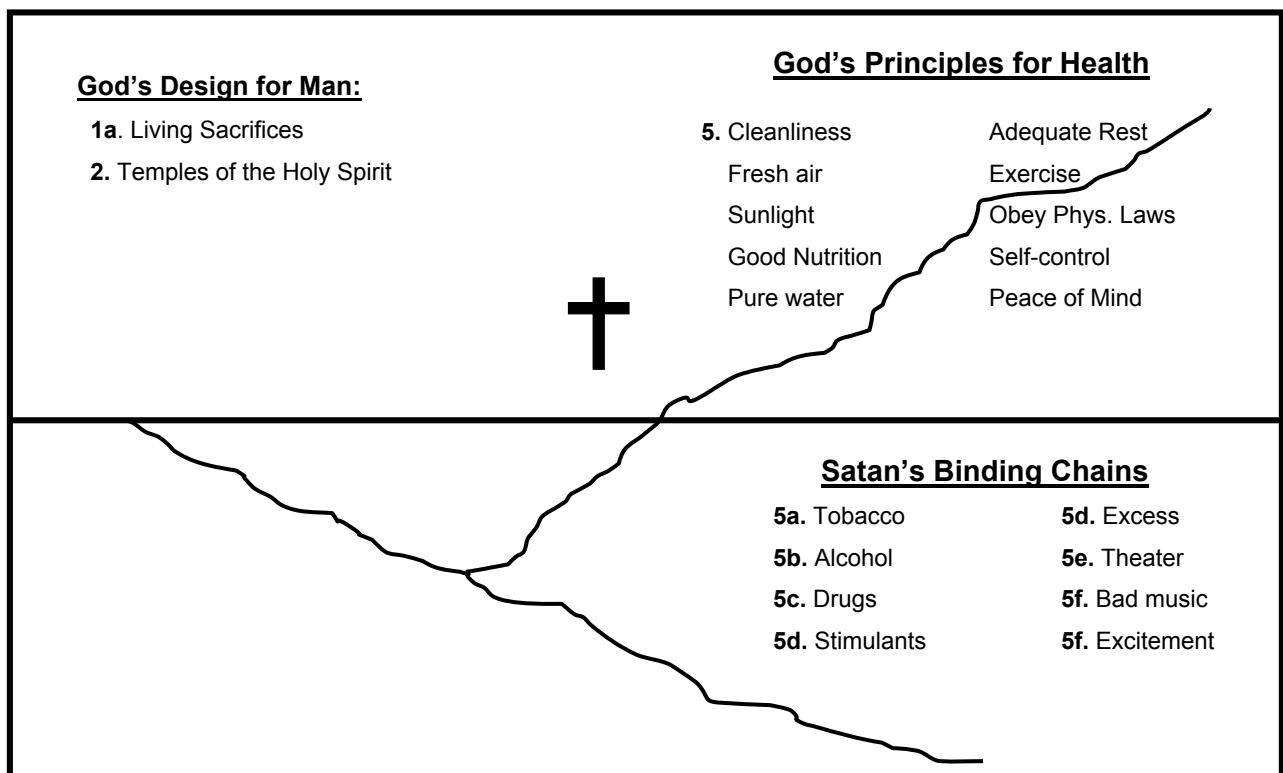
Purpose of lesson 25: This lesson continues the block of three lessons dealing with Christian stewardship. God has given us time, money, a body temple. We have a responsibility to Him in how we use all of these things. Also, the attempt is made to show the "whole man" concept, relating physical and mental health to spiritual advancement. Following our study of the ten commandments, and the principles of Christian moral behavior which they contain, the student then needs to see that physical and mental health are vital if one is to be fully restored to the image of God. Thus, the subject of health has a real place in religion.

During the study itself: In connection with question 1, study carefully the comments on Romans 12:1,2 in 6 BC 615-617. Compare the "living sacrifice" with the slain sacrifices of the Old Testament. Note the meaning of the idea of a "reasonable service," as in the N.I.V., "Which is your spiritual worship." In connection with question 5, read Unto a Perfect Man, pages 149,150.

In connection with question 5(d), it would be well to review the meaning of Acts 10:1ff, a chapter commonly used to show that the unclean was cleansed in New Testament times. (See 6 BC 248-250.)

Appeal: In using questions 6 and 7 for appeal, make it clear always that health is only a means to an end – the end being a maturing relation to Jesus Christ.

Illustration: The visual aid in this study simply attempts to contrast God's methods for good health with the devil's avenues to enslave and destroy – body, mind, and soul.



IntroductionMatthew 25:14-30

¹⁴“For the kingdom of heaven is like a man traveling to a far country, who called his own servants and delivered his goods to them. ¹⁵And to one he gave five talents, to another two, and to another one, to each according to his own ability; and immediately he went on a journey. ¹⁶Then he who had received the five talents went and traded with them, and made another five talents. ¹⁷And likewise he who had received two gained two more also. ¹⁸But he who had received one went and dug in the ground, and hid his lord’s money. ¹⁹After a long time the lord of those servants came and settled accounts with them. ²⁰“So he who had received five talents came and brought five other talents, saying, ‘Lord, you delivered to me five talents; look, I have gained five more talents besides them.’ ²¹His lord said to him, ‘Well done, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord.’ ²²“He also who had received two talents came and said, ‘Lord, you delivered to me two talents; look, I have gained two more talents besides them.’ ²³His lord said to him, ‘Well done, good and faithful servant; you have been faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord.’ ²⁴“Then he who had received the one talent came and said, ‘Lord, I knew you to be a hard man, reaping where you have not sown, and gathering where you have not scattered seed. ²⁵And I was afraid, and went and hid your talent in the ground. Look, there you have what is yours.’ ²⁶“But his lord answered and said to him, ‘You wicked and lazy servant, you knew that I reap where I have not sown, and gather where I have not scattered seed. ²⁷So you ought to have deposited my money with the bankers, and at my coming I would have received back my own with interest. ²⁸So take the talent from him, and give it to him who has ten talents. ²⁹“For to everyone who has, more will be given, and he will have abundance; but from him who does not have, even what he has will be taken away.

1 Corinthians 4:1, 2

¹Let a man so consider us, as servants of Christ and stewards of the mysteries of God. ²Moreover it is required in stewards that one be found faithful.

1. Romans 12:1, 2

¹I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. ²And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

Answer: (a) We give or submit our bodies to God in the same way we would give something to God as a sacrifice.

(b) This is reasonable because God who created us actually owns our bodies.

(c) We are transformed by God through His renewing of our minds.

2. 1 Corinthians 3:16, 17

¹⁶Do you not know that you are the temple of God and that the Spirit of God dwells in you? ¹⁷If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are.

1 Corinthians 6:18-20

¹⁸Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body. ¹⁹Or 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? ²⁰For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.

Answer: Our bodies are similar to temples in which God and His Spirit live.

3. 1 Corinthians 10:31

³¹Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.

1 Thessalonians 5:23

²³Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.

Colossians 3:1-10

¹If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. ²Set your mind on things above, not on things on the earth. ³For you died, and your life is hidden with Christ in God. ⁴When Christ *who is* our life appears, then you also will appear with Him in glory.

⁵Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry. ⁶Because of these things the wrath of God is coming upon the sons of disobedience, ⁷in which you yourselves once walked when you lived in them.

⁸But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. ⁹Do not lie to one another, since you have put off the old man with his deeds, ¹⁰and have put on the new *man* who is renewed in knowledge according to the image of Him who created him, . . .

Answer: "... do all to the glory of God"; "... your whole spirit, soul, and body"; "put off the old man...and put on the new man".

4. Proverbs 17:22

²² A merry heart does good, *like* medicine,
But a broken spirit dries the bones.

1 Timothy 6:6

⁶Now godliness with contentment is great gain.

Answer: A merry heart and contentment.

5a. Isaiah 35:8

⁸ A highway shall be there, and a road,
 And it shall be called the Highway of Holiness.
 The unclean shall not pass over it,
 But it *shall be* for others.
 Whoever walks the road, although a fool,
 Shall not go astray.

Revelations 21:27

²⁷But there shall by no means enter it anything that defiles, or causes an abomination or a lie, but only those who are written in the Lamb's Book of Life.

5b. Proverbs 20:1

¹ Wine *is* a mocker,
 Strong drink *is* a brawler,
 And whoever is led astray by it is not wise.

Proverbs 23:29-35

²⁹ Who has woe?
 Who has sorrow?
 Who has contentions?
 Who has complaints?
 Who has wounds without cause?
 Who has redness of eyes?
³⁰ Those who linger long at the wine,
 Those who go in search of mixed wine.
³¹ Do not look on the wine when it is red,
 When it sparkles in the cup,
When it swirls around smoothly;
³² At the last it bites like a serpent,
 And stings like a viper.
³³ Your eyes will see strange things,
 And your heart will utter perverse things.
³⁴ Yes, you will be like one who lies down in the midst of the sea,
 Or like one who lies at the top of the mast, *saying*:
³⁵ "They have struck me, *but* I was not hurt;
 They have beaten me, but I did not feel *it*.
 When shall I awake, that I may seek another *drink*?"

Ephesians 5:18

¹⁸And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, . . .

Deuteronomy 29:6

⁶You have not eaten bread, nor have you drunk wine or *similar* drink, that you may know that I *am* the Lord your God.

5c. Exodus 20:12-15

- ¹² “Honor your father and your mother, that your days may be long upon the land which the Lord your God is giving you.
- ¹³ “You shall not murder.
- ¹⁴ “You shall not commit adultery.
- ¹⁵ “You shall not steal.

1 Corinthians 9:25

²⁵And 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*.

5d. Genesis 1:29

²⁹And God said, “See, I have given you every herb *that* yields seed which *is* on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.

Genesis 9:1-4

¹So God blessed Noah and his sons, and said to them: “Be fruitful and multiply, and fill the earth. ²And the fear of you and the dread of you shall be on every beast of the earth, on every bird of the air, on all that move *on* the earth, and on all the fish of the sea. They are given into your hand. ³Every moving thing that lives shall be food for you. I have given you all things, even as the green herbs. ⁴But you shall not eat flesh with its life, *that is*, its blood.

Leviticus 11:1-12

¹Now the Lord spoke to Moses and Aaron, saying to them, ²“Speak to the children of Israel, saying, ‘These *are* the animals which you may eat among all the animals that *are* on the earth: ³Among the animals, whatever divides the hoof, having cloven hooves *and* chewing the cud—that you may eat. ⁴Nevertheless these you shall not eat among those that chew the cud or those that have cloven hooves: the camel, because it chews the cud but does not have cloven hooves, *is* unclean to you; ⁵the rock hyrax, because it chews the cud but does not have cloven hooves, *is* unclean to you; ⁶the hare, because it chews the cud but does not have cloven hooves, *is* unclean to you; ⁷and the swine, though it divides the hoof, having cloven hooves, yet does not chew the cud, *is* unclean to you. ⁸Their flesh you shall not eat, and their carcasses you shall not touch. They *are* unclean to you.

⁹These you may eat of all that *are* in the water: whatever in the water has fins and scales, whether in the seas or in the rivers—that you may eat. ¹⁰But all in the seas or in the rivers that do not have fins and scales, all that move in the water or any living thing which *is* in the water, they *are* an abomination to you. ¹¹They shall be an abomination to you; you shall not eat their flesh, but you shall regard their carcasses as an abomination. ¹²Whatever in the water does not have fins or scales—that *shall be* an abomination to you.

5e. Romans 13:14

¹⁴But put on the Lord Jesus Christ, and make no provision for the flesh, to *fulfill its* lusts.

Philippians 4:8

⁸Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.

5f. Psalm 46:10

¹⁰ Be still, and know that I *am* God;
I will be exalted among the nations,
I will be exalted in the earth!

6. 3 John 2

²Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

Answers: Prosper in all things, be in good health, and guilt-free.

7. 1 John 5:4

⁴For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith.

Answers: By being “born of God” we become a new person who is empowered through our faith in God to overcome the world.