

MY BODY

By Dr. Hal Webb, Evangelist

"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? For ye are bought with a price; therefore glorify God in your body, and in your spirit, which are God's." I Cor. 6:19&20.

Today great attention is being brought to our human bodies by the health experts and government itself. Extra weight is being considered deadly, and many insurance policies now include exercise professionals as part of the cure. Much of this emphasis is shallow and overdone, nevertheless the Bible does put emphasis on our bodies, how we use them, and to whom they belong. Let's see if we can blend both the physical and spiritual together. I see six things that are very important to our bodies. **(1). Feed It:** We are told in 1 Cor 6:19 that a believer's body is not his own. Physically we must eat right and watch what we eat. Everything we ever will do for the Lord will be done in the strength of our human bodies. Our physical diet is important but the spiritual is of more vital importance. You will never get overweight exposing yourself to the Word of God. As calories are important to the body, so much more eternal food is vital to daily Christian living. *"Study to hew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth."* II Tim. 2:15. You will not have a robust, victorious Christian life, unless you allow the Spirit within you to teach you the things of God. To be spiritually healthy you must set aside time for the exercise of Bible reading. Spiritual strength comes through study and conformity to the Word of God. Remember all the time whose you are and please the Holy Spirit who dwells within your physical body. **(2). Rest It:** *"I will both lay me*

down in peace, and sleep: for thou, Lord, only makest me dwell in safety." Psm. 4:8. Experts seem to agree that a healthy person needs 8 hours of sleep. Sadly, most sit up hours at night watching TV garbage, and being worried about all the trials of life. This is far from pleasing as the world reshapes what God has shaped. Lack of faith and constant worry jangles many a believer's lives and causes tension among other believers. *"Help us, O Lord our God; for we rest on thee, and in thy name we go against this multitude. O Lord thou art our God; let not man prevail against thee."* II Chron. 14:11b. It seems we are under endless attack, but we must learn to rest on the promises of God. I once heard that worry is something we do about things that never happen. It is good to end the day with prayer and thanks, and snuggle into those covers and pillow with trust in the unresting Spirit within us. He will surround us with the Father's love and protection always. **(3). Exercise:** *"Therefore shall ye lay up these my words in your heart and in your soul, and bind them as a sign upon your hand, that they may be as frontlets between your eyes. And ye shall teach them your children, speaking of them when thou sittest in thy house, and when thou walkest by the way, when thou liest down, and when thou riseth up."* Deut. 11:18&19. It is good for your physical body to exercise it in many ways. It is even more valuable to exercise your mind and spirit, shaping them to strong faith and service for the Lord.. Absolute faithfulness to all the services in your church, and time daily set aside to study the Word at home, are great exercise. Even while sitting and walking in beautiful surroundings, meditate on spiritual truths. Read your Bible without hurry and soak up the things of God, as your flesh soaks up the sun. Be sure to teach the things of God to your sons and daughters, and post Gods promises on your walls and perhaps a pin on your clothes. The more you and your family do for God, the more spiritual victories you will see around

you. *"Therefore, my beloved brethren be ye steadfast, unmovable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord."* I Cor. 15:58. Exercise in the Lord will not only bring earthly joy, but eternal reward at the throne of God. **(4). Protect It:** *"Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer."* Psa.19:14. Our human bodies are wonderfully made, but there are many diseases that lurk nearby. We must practice cleanliness, and exercise healthy habits, to avoid someones' cold or flu. Do not carelessly or deliberately put yourself in danger. Practice discipline, and avoid the things that can hurt you both physically and spiritually. Guard your mouth, and don't pick up and use the profane words of the world around you. Be careful what you touch, with whom you spend your time, and how you use that time. Your testimony for Christ is a valuable part of the plan of God for you. Again I warn against most of evil TV, bad worldly music, questionable reading and ungodly friends. I often say "you can't run with a skunk and smell like a rose." The challenge is to stay pure, with a life you have chosen, to protect from the evils around you. *"Abstain from all appearance of evil."* I Thess 5:22. You can blow your whole testimony with one foolish action, a compromising failure, and by the very crowd you spend time with carelessly. The Holy Spirit within you would urge you to protect your body as a sacred soldier of the cross. Be constantly on guard from every evil that will try to creep into your daily life. Major in the things that will build a stronger relationship with the Lord. **(5). Surrender It:** *"I Beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service."* Rom. 12:1. I believe that many Christians have not had this wonderful experience. At age 15 I surrendered

my life to a lifetime of evangelism. I want God to have the glory, but year after year He has used me to win thousands. I will never forget the spot where I surrendered my all to Him. This is exactly what many of you need. Your faith in Christ is not just a ticket to stay out of hell, but an opportunity to serve the Lord with all your body and soul. Let me ask what you have personally accomplished for the Lord this past week. Have you dragged your feet and stayed out of sight as a child of God. Remember Jesus gave every drop of His blood for you. What in this world are you doing for Him? You ought to be in the front ranks of the battle instead of hiding behind the mess tent. You have far more talent than you think, but need to put your life fully in God's hands. Are you a living sacrifice or a backslidden hindrance to the battle raging? Come on dear one, in an act of faith make the surrender to be all God planned for you to be. **(6). Invest It:** *"Be kindly affectioned, one to another with brotherly love; preferring one another; Not slothful in business; fervent in spirit; serving the Lord; Rejoicing in hope; patient in tribulation; continuing instant in prayer."* Rom. 12:10-12. To be faithful to the urging of this verse will take some concentrating, complete surrender, and a willingness to be a messenger of the Lord, in every detail of your life. Remember the old saying, "Only one life twill soon be past, only what's done for Christ will last." That is so very true. There was a carpenter who on earth built huge houses for the rich. He lived in a grand house himself that he had raised many blisters to build. He died and in heaven was walking down a street with many palatial homes looking for his eternal dwelling among them. At the end of the row was a small pile of boards the angel said was his mansion. "Why so little he asked?" The angel said, "this is all you sent up." It's a strange little story, but so true. which will surround you in glory. **Invest your body for the glory of God.**