

Fearfully and Wonderfully Made
5. The Body and Discipleship

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Introduction

- *The danger of burnout*
- What does it mean to *honour God with our bodies*?

Offering our bodies (Rom. 12v1)

- Living sacrifices
- Reasonable worship
- Pleasing to God

Caring for our bodies

- Food and drink (Ps. 104v14-15, 1 Tim. 4v3-4)
- Health and exercise (1 Tim. 4v8-9)
- Sleep and rest (Psalm 4v8, 127v2)

Disciplining our bodies

- Disciplining our bodies for service (Rom. 12v4-5, 6-8)
- Disciplining our bodies to last (1 Cor. 9v24-27)

Conclusion

Romansv12v1-8 (NIV)

¹ 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 what God's will is—his good, pleasing and perfect will.

³ For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. ⁴ For just as each of us has one body with many members, and these members do not all have the same function, ⁵ so in Christ we, though many, form one body, and each member belongs to all the others. ⁶ We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; ⁷ if it is serving, then serve; if it is teaching, then teach; ⁸ if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.