

5 Things the Bible Teaches About Your Body

BY RICK WARREN

You've likely heard many sermons about the importance of your soul, mind, character, and values. But when was the last time you heard about the importance of your physical body?

Here are five things the Bible teaches about your body:

1. God expects you to manage your body.

"You must honor God with your body" (1 Corinthians 6:20 NLT). You are not the owner of your body; God is. But you are the manager—the caretaker. And, one day, he's going to ask, "What did you do with the body I gave you?"

2. Your body belongs to God.

"They were made for the Lord, and the Lord cares about our bodies" (1 Corinthians 6:13 NLT). Some people say that only your spirit and mind matter, so it doesn't matter what you do with your body. But that's not true. Your body does matter because God made it. And everything God makes he makes for a purpose.

3. Your body will be resurrected after you die.

"God will raise us from the dead by his power, just as he raised our Lord from the dead" (1 Corinthians 6:14 NLT). After all the pain and sickness you go through in life, God says, "I'm going to resurrect your body and give you a new one." In heaven, you're still going to be you, but your body will be perfect in every way.

4. The Holy Spirit lives in your body.

"Don't you realize 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). God takes up residence inside his followers. So, when you put your faith in Jesus, he puts his Spirit in you. You are his temple.

5. Jesus bought your body on the cross.

"You do not belong to yourself, for God bought you with a high price" (1 Corinthians 6:19-20 NLT). With outstretched arms and nail-pierced hands, Jesus said, "This is how much I love you. I came all the way from heaven to do this for you." That's how valuable you are.