

reNEW BODY
MOTIVATION - MY WHY

“Everything is permissible for me – but everything is not beneficial. Everything is permissible for me – but I will not be mastered by anything. Food for the stomach and the stomach for food – but God will destroy both. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body. By his power God raised the Lord from the dead, and he will raise us also. Do you not know that your bodies are members of Christ himself?”

“Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually against his own body. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.” – 1 Corinthians 6:12-20

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Six Radical Counter Cultural Things About Your Body:

1. God expects me to manage my body.

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Six Radical Counter Cultural Things About Your Body:

2. My body is God's
property.

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“The body is not meant for sexual immorality but for the Lord, and the Lord for his body.” – 1 Corinthians 6:13 (NIV)

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Six Radical Counter Cultural Things About Your Body:

3. My body will be
resurrected after I die.

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*“By his power God raised
the Lord from the dead,
and he will raise us
also.” – 1 Corinthians 6:14 (NIV)*

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Three reasons we don't
stick with diets –

1. We use willpower
instead of God's power.

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Three reasons we don't
stick with diets –

2. Wrong Motivation.

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Three reasons we don't
stick with diets –

3. When I try to
change on my own.

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Six Radical Counter Cultural Things About Your Body:

4. My body is connected
to the body of Christ.

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“Do you not know that your bodies are members of Christ himself? Flee sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body.” – 1 Corinthians 6:15 (NIV)

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Six Radical Counter Cultural Things About Your Body:

5. The Holy Spirit
lives in my body.

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“Do you not know that your body is the temple of the Holy Spirit, who is in you, whom you have received from God?” – 1 Corinthians 6:19 (NIV)

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We vandalize the temple all
the time – you, your body,
by what you put in it,
by your sleep schedule,
by not taking care
of your body.

Six Radical Counter Cultural Things About Your Body:

6. Jesus bought my
body on the cross.

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“You are not your own; you were bought at a price. Therefore honor God with your body.” – 1 Corinthians 6:20

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“I urge you brothers, in view of God’s mercy, to offer your bodies as living sacrifices...” – Romans 12:1 (ISV)

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“Offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship.” – Romans 12:1

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Six Reasons for Better Health –

1. God created my body.
2. Jesus died for my body.
3. God's spirit lives in my body.
4. I'm connected to Christ's body.
5. One day God will resurrect my body.
6. I'm expected to take care of my body and one day I'll give an account for it.

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*“You made my body, Lord;
now give me a sense to heed
your laws.” – Psalm 119:73 (LB)*

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*“You made my body, Lord;
now give me a sense to heed
your laws.” – Psalm 119:73 (LB)*

“These instructions are not mere words – they are your life! By obeying them you will enjoy a long life in the land...” – Deuteronomy 32:47 (NLT)

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“If you do this, I will extend your life... If you do this, you will have a long life... If you do this, you will have a long life.” – Deuteronomy 32:47 (NLT)

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*“Keep my commands in your heart,
for they will prolong your life many
years and bring you prosperity...*

*Trust in the Lord with all your
heart and lean not on your own
understanding; in all your ways
acknowledge him, [Live a tranquil
life] and he will make your
paths straight [integrity.]”*

*“Do not be wise in your own eyes;
[humility] Fear the Lord and shun
evil. This will bring health to your
body and nourishment to your
bones. Honor the Lord with the
first part of your wealth
[generosity.]” – Proverbs 3:1-10 (NIV)*

Tranquility – trust in God.

Integrity – paths straight.

**Humility – don't be wise
in your own eyes.**

**Generosity – give the first
part of your wealth away.**

**If you live a life of
tranquility, integrity,
humility and generosity,
you are going to be in
better health.**

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Four things you need to do that
will help you be healthier –

1. Trusting God is
good for your health.

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*“I said to myself, ‘Relax,
because the Lord takes care
of you.’” – Psalms 116:7 (NCV)*

“A heart at peace gives life to the body, but envy rots the bones.” – Proverbs 14:30 (NIV)

**It's not just what
you eat that matters.
It's what eats you.**

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Four things you need to do that
will help you be healthier –

2. Confessing my sin.

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*“When I refused to confess my sin,
I was weak and miserable, and I
groaned all day long... My
strength evaporated... Finally,
I confessed all my sins to you
and stopped trying to hide
them... and you forgave me! All
my guilt is gone.” – Psalm 32:3-5*

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Four things you need to do that
will help you be healthier –

3. Giving generously is
good for your health.

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**It's not a mistake that
the word "miser" and
"miserable" come from
the same word.**

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“A generous man will prosper; he who refreshes others will himself be refreshed.” – Proverbs 11:25 (NIV)

Four things you need to do that
will help you be healthier –

4. Fun is good for
your health.

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*“A cheerful heart is good
medicine, but a crushed
spirit dries up the
bones.” – Proverbs 17:22 (NIV)*

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