

Lesson Five - Stewardship of Our Bodies

Objective: To surrender our bodies to Christ, from the heart.

Read: 1 Peter 4

Introduction

Every so often there will be an exclusive story in a tabloid newspaper about a film star, athlete, or other celebrity who has fallen out of grace. Perhaps they have committed some foul deed that has incurred the wrath of their fans or the media.

Occasionally these stories can be about a Christian leader: a minister, youth worker, or elder. When their misdemeanor is reported, very often the Christian faith is ridiculed or portrayed as being hypocritical.

Since God wants us to live a holy life, the enemy seeks to entrap us in sin and defeat. One of Satan's methods is to tempt us to misuse our bodies. But God created our bodies for His glory. By surrendering them to Him, He can use us to further His kingdom and help us grow in our faith.

This study will help you understand the importance of giving control of your body to God. You will also discover danger areas in using your physical self and how to help further the cause of Christ with different parts of your body.

Bible Study

- How did Jesus regard His body (1Pt 4:1-2)?
 - What does Christ's sacrifice mean to us (Heb 10:10)?
 - Look up the word *sanctified* in a dictionary. How does the word relate to your interpretation of stewardship?
 - Express in your own words the additional reasons given in 1Co 6:19-20 for being a good steward of your body. How are we to do this (Ga 5:16; Ro 2:1; Mt 26:41)?
-

Personal Reflection

Tongue

- Why is it so important to be a good steward of the tongue (Jas 3:2-6; Jas 1:26)?
- List areas in which you misuse your tongue. How has this affected your life?
- How should you use your tongue properly (Jas 3:9-10; Eph 4:29; Pr 21:23; Ps 39:1; Pr 4:24)?

Heart

- What must we understand about the heart (Je 17:9)?

- What kind of heart does God look for and why (2Ch 16:9; Mt 5:8; 2Th 3:5; Ps 15:1-2)?

Mind

- What is your responsibility in being a steward of your mind (1Pt 1:13)?

- Whose mind should you have and which qualities should you strive for (Php 2:5-8; 1Co 2:12-16)?

Hands

- What does God think about the work of your hands (Pr 12:14, 24)?

- How did the apostles feel about the importance of what their hands had done (Ac 20:34-35; 1Th 4:11-12)?

- How can we use our hands to glorify God (Pr 31:20; Dt 15:10-11; Ecc 9:10)?

Feet

- Contrast the feet of those who do evil with those who do good (Is 52:7, 59:7; Ps 119:101,105; 56:13; Ro 3:15).

Eyes

- What sins can we commit with our eyes (Pr 21:4, Je 22:17; Pr 27:20; Mt 5:28; 1Jn 2:16)?

- How can we avoid temptation (Ps 19:8; 119:37; 121:1-2; 123:1)?

Ears

- Write down ways we can misuse hearing (Pr 21:13; 2Ti 4:3-4).

Sexuality

- God considered David a man after His own heart, yet what was David's great sin (2Sa 11:2-5, 14-17, 26-27)?

- What are Paul's views on sexuality in 1Co 6:9-10? How does he expand upon this in verses 15-18? How does this impact the Church today?