

**Fit for Life**  
**Parkview Church**  
**Class #2 -- Growing in Stature**  
**April 15, 2018**

*And Jesus grew in wisdom and stature, and in favor with God and men.*  
**Luke 2:52 (NIV)**

*<sup>20</sup> for you were bought with a price. So glorify God in your body.*  
**1 Corinthians 6:20 (ESV)**

*<sup>12</sup> “All things are lawful (permissible) for me,” but not all things are helpful (beneficial). [We have freedom in Christ and are not under the burden of the law anymore] “All things are lawful for me,” but I will not be dominated by anything. 1 Cor. 6:12 (ESV)*

## **I. DON'T MISUSE YOUR BODY**

### **A. We Misuse Our Bodies When We Ask Wrong Questions.**

- ◆ **The Wrong Question: Is it permissible?**
  
  
  
  
  
  
  
  
  
  
- ◆ **A Good Question: Is it beneficial for me?**
  
  
  
  
  
  
  
  
  
  
- ◆ **The Best Question: Is it mastering me?**

**“Am I going to let this physical habit keep me from ministering to and meeting the needs of others? Am I going to let some physical habit keep me from letting God’s word become a deeper part of my life? Am I going to let some habit keep me from being all that I can for God, or doing all God wants for me to do?”**

## **B. We Misuse Our Bodies When We Ignore The Creator.**

*“The human body is a masterpiece of engineering made from the most unlikely materials – grit, glue, jelly and soot. No engineering project ever devised by man can match the sheer brilliance of design and performance that we all carry around in our bodies.”* **Human Factors Engineering**

**God made something wonderful** when He made us...

<sup>13</sup> *“Food is meant for the stomach and the stomach for food”—and God will destroy both one and the other. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.* **1 Corinthians 6:13 (ESV)**

## **C. We Misuse Our Bodies When We Forget The Future.**

<sup>14</sup> *And God raised the Lord and will also raise us up by his power.* **1 Corinthians 6:14 (ESV)**

**Application: Start treating your body like a candidate for resurrection.**

**Formula for Immorality: Do whatever you want so long as it's legal. See yourself as randomly evolved rather than personally created. Live for today.**

**Formula for Righteous Living: Start asking the right questions. What is beneficial? Who is my master? Begin praising God daily that you are fearfully and wonderfully made, and visualize in faith the coming resurrection.**

## **II. GET THE RIGHT PERSPECTIVE ON YOUR BODY**

**Two basic truths about the Christian's body:**

**A. Our bodies are: Members of Christ.**

*<sup>15</sup> Do you not know that your bodies are members of Christ? Shall I then take the members of Christ and make them members of a prostitute? Never! <sup>16</sup> Or do you not know that he who is joined to a prostitute becomes one body with her? For, as it is written, "The two will become one flesh." 1 Corinthians 6:15–16 (ESV)*

**B. Our bodies are: Temples of the Spirit.**

*<sup>19</sup> Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, 1 Corinthians 6:19 (ESV)*

### III. GLORIFY GOD WITH THIS BODY.

Question: What is your attitude toward your body?

- ◆ I am the owner and proprietor of my body.
- ◆ I am a willing (or unwilling) passenger in this body.
- ◆ I am the caretaker and manager of my body.

The Bible says...

#### ❖ **I Am Not My Own, I've Been Bought With A Price.**

*<sup>19</sup> Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, <sup>20</sup> for you were bought with a price. So glorify God in your body.*

**1 Corinthians 6:19-20 (ESV)**