

START AGAIN

WEEK TWO: START AGAIN PHYSICALLY

Does our body matter to God?

- He created our bodies.

Psalm 139:14 | Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.

- He has compassion for our pain.

Matthew 4:23 | Jesus traveled throughout the region of Galilee, teaching in the synagogues and announcing the Good News about the Kingdom. And he healed every kind of disease and illness.

Does God still heal today?

Through our bodies design.

Through the work of medicine and doctors

Through the miraculous

- He lives in our bodies.

1 Corinthians 6:19 | 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? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.

We honor God with our bodies by keeping the focus on function not form.

Romans 12:1,11 | And so, dear brothers and sisters. I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. ...
¹¹Never be lazy, but work hard and serve the Lord enthusiastically.

1 Peter 3:3 | Don't be concerned about the outward beauty of fancy hairstyles, expensive jewelry, or beautiful clothes. ⁴You should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God.

Two Commitments for this year:

My personal action step - _____.

Proverbs 16:3 | Commit your actions to the Lord, and your plans will succeed.

Invite someone along.

Ecclesiastes 4:10 | If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.