

What to Do with Our Body?

Romans 12:1-2 (NASB, 2020)

Therefore I urge you, brothers and sisters, by the mercies of God, to present your bodies as a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. ² And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

Romans 6:13, 19.

¹³ *and do not go on presenting the parts of your body to sin as instruments of unrighteousness; but present yourselves to God as those who are alive from the dead, and your body's parts as instruments of righteousness for God.*

¹⁹ *I am speaking in human terms because of the weakness of your flesh. For just as you presented the parts of your body as slaves to impurity and to lawlessness, resulting in further lawlessness, so now present your body's parts as slaves to righteousness, resulting in sanctification.*

Introduction

We are living in a time where our body is so much focused, emphasized, altered, abused, taken advantage of, degraded, sometimes, over-glorified and over-exposed. Consequently, many young people are confused and suffer from poor self-image of their bodies. If we ask some folks a random question about their body, most of them would say they don't like their body, particularly the outside looks.

I hope and pray that my message this morning will help you to obtain a healthy and biblical understanding of your body. We will also listen to the Word of God to discover proper attitude toward our body and good ways to take care of it.

Content

Who Created the Human Body?

Let's talk about how we ended up having the current form of our physical body. There are two possible explanations on the origin of human body: evolution or creation.

According to the evolution theory, we humans are the highest life form of evolution. The life we know, it says, began by a random chance: the combination of time, matter, and chance. And boom, the first simplest and lowest life form was born--one single living cell--many moons ago. And over time, millions and billions of years, the cell kept evolving into a next more complicated form, and after many stages of evolving, it finally became human. That's one way to explain and understand how we inherit the current body.

Let me tell you a far better way to explain. Creation. The Bible says that it didn't take that long as evolution says to form a human body. In fact, it is the LORD God, not the random chance, who created the human body meticulously, fearfully, and wonderfully (Psalm 139). In the beginning, God created the heavens and earth, the sun, the moon, and the stars, land and ocean, and all living plants, animals, fish, and birds. After He got everything ready for humans, on the last day of creation, He created the first person, Adam (Hebrew word for 'dust'), out of dirt. And later, Eve his wife, was also created out of Adam's rib.

By the way, here's an interesting fact about dirt/dust, the material that God used to create Adam. Some curious mind analyzed the elements of human body, that is, flesh and bone, and discovered that human body consists of four major chemical elements: Carbon, Hydrogen, Oxygen, and Nitrogen. Then, the same mind investigated the chemical elements of dirt. Lo and behold, the same four major elements are found in dirt! Isn't it cool? Long before this scientific discovery, though, the Word of God has already stated such truth in the creation story of man in Genesis, the first book of the Bible: *⁷ Then the Lord God formed **the man of dust** (Adam: kc) **from the ground**, and breathed into his nostrils the breath of life; and the man became a living person (Genesis 2:7).* That's how simply human body was created.

Next, **Who Claims the Ownership of Our Body?**

There are three parties who can claim the ownership of our body.

#1. Parents: Coming from the East, while I was growing up in Korea, I was taught that the body and all the parts therein have come from my parents, therefore, I cannot claim the ownership of my own body. Furthermore, since it's not mine, I need to take good care of it. It is the teaching of Confucius the moral teacher in China. He also taught that taking good care of the body, the gift from my parents, is the first step to honor my parents.

#2. Self: Some folks in the world totally disagree with the Confucius teaching and say that it is nobody but they who own their body. Such belief is prevalent in the world today. I don't have to elaborate on this point, but one time, I saw in a clothing store a t-shirt with message saying, *My life, My body, I Own.* Well, it is not a Christian message at all, because it

directly contradicts what God's Word says about our body and its ownership. That leads us to the third party who claims the ownership of our body. The LORD our God.

#3. The Lord God: The Bible says that it is nobody (not parents, not us) but the Lord God who owns our body. The reason? Because He created human body. In fact, over 40 times in the Scripture, God exclusively claims so. Here's one example: *"Worthy are You, our Lord and our God, to receive glory and honor and power; for **You created all things**, and because of Your will they existed, and were created"* (Revelation 4:11). Here's another Bible verse: *For You created my innermost parts; **You wove me in my mother's womb**.¹⁴ I will give thanks to You, because I am awesomely and wonderfully made;* (Psalm 139:13-14). It makes a perfect sense to me when the Creator of human body also claims the ownership of our body.

Let me repeat. We don't own our body. God does. We are not the owners of our body and the life therein. We are the caretakers of our body that belongs to the Lord. The life you have is a precious gift from God. Your body is much more than a few pounds of flesh and bone to dispose at your will. That's why suicide or assisted suicide are against God's will. It is like destroying God's property entrusted in your hands without His permission. No one ought to destroy life that belongs to the Lord. Did you also know that your body is the temple of God where God dwells through His Spirit? God will hold accountable those who destroy God's property. Listen to Revelation 11:18, which says, God will *"destroy those who destroy the earth."* How much more will He hold accountable those who destroy their bodies, the temple of God where God dwells in? *"If anyone **destroys** the temple of God, God will **destroy** that person; for the temple of God is holy, and that is what you are"* (1 Corinthians 3:17).

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If you agree with me so far, you are ready to listen to the following message: with our body, we ought to honor the Lord, the Creator, the Owner, and the Giver of our body and life. Don't forget: the Lord entrusted your body in your hands and command you to take an excellent care of it until He calls you home. This is how I see it. I consider my body as a financial portfolio. I am a financial advisor. God says, *take good care of my portfolio here. I will reward you if you do a great job and vice versa.* Now, it is up to me how I take care of God's property. He also periodically checks in to know how I am doing with His portfolio my body. He expects to see my physical body well taken care of.

Let me read God's command one more time:... **present your bodies as a living and holy sacrifice, acceptable to God, which is your spiritual service of worship** (Romans 12:1).

Two key words here: sacrifice and worship. They always go together. In Jesus' time, when people worshiped the Lord, they would bring animal sacrifices with no defects, no cuts, no bruises, but pure. In the same way, today, in our spiritual worship, instead of animal sacrifices, we bring and present our bodies to the Lord as a living sacrifice, holy and

acceptable to the Lord. And, in order to present our bodies as a living sacrifice, holy and acceptable, we must preserve our bodies well as God intends us to keep it.

How Can We Do That? By eating well, not junk food, to begin with, both physically and spiritually. By doing a regular exercise, both physically and spiritually. We also ought to take good care of heart and mind. That's what Paul is talking about in the following verse: ² *And do not be conformed to this world, but be transformed by **the renewing of your mind**, so that you may prove what the will of God is, that which is good and acceptable and perfect.* How do we preserve our bodies holy and acceptable? By not conforming to this world. By not following the teaching of the world. Too many a time, bombarded and brainwashed with the worldly message, we automatically conform to the world without realizing. For instance, to the girls, the world says, *unless you look like a Barbie doll, your body is not worth looking at. Unless you are blonde with blue eyes, you are not pretty.* Such secular message destroys many young girls' self-esteem by emphasizing the outside look only, totally ignoring the inner value of a person.

Stop being conformed to the pattern of this world, the Lord commands. Instead, be transformed--meaning to be like Jesus in the way you look at yourself and think of your values and worth. You are precious and important to God. Why? Because Christ died for you and purchased you with His precious blood. It is not you or the world but God who decides your worth and value. The same God says, *"I am so proud of the way I have created you. You are beautiful. I love you just as you look. I delight in you. Do not be deceived by the lies of the world. Never let the world dictate or determine your worth, either. Never. Ever. Just listen to Me."*

The Renewing of Mind

Finally, let's talk about the renewing of mind. A daily renewal of mind is the surest way of not to conform to the world. The only way we can stay transformed is to continually renew our mind. The renewal requires constant fine-tuning. Every day. An analogy: doing the dishes every night. My family uses the same plates and bowls over and over again. It doesn't bother me using the same plates every day. However, if they are dirty, I would not use them at all. Same idea, our minds need washing every day, because it is stained by the worldly message. We need to wash our mind with the Word of God and with prayer. Daily. Then it will stay transformed.

Let me tell you how I do the renewing of my mind every day. I open the Bible every morning and pay attention to what the Lord says to me for the day. Every day I also recite God's Word such as Micah 4:15: *all the peoples walk, each in the name of his god, but as for us, we will walk in the name of the Lord forever and ever.* Every day, I commit myself to the Lord that I will walk in the name of the Lord forever and ever as long as I live. Here's another one the Lord gave me the other day: *Do not be wise in your own estimation* (Romans 12:16). That goes along well with Proverbs 3:5: *Trust in the Lord with all your heart. Lean not on your own*

understanding. Whenever I misjudge or presume too quickly following my own wisdom or preconceived ideas, these verses bring me back to the right place where I belong.

Conclusion

There you have it, folks. Starting today, let us honor the Lord with our bodies. That includes the following: Remember the ownership. You are not the owner. God is. God has called you to be a steward to take good care of your body. Keep it clean and healthy all the time. Eat well and move around the body as much as you can. Thank God for the way that He created you. Put a guard in your heart and mind on the things you bring to your mind and heart through media. Lots of junk march in there. Filter them out and allow only good and godly message to come through. Keep out all other junk. Watch what you say with your mouth, because your spoken words can make you unclean before the Lord (Romans 6:13, 19). Always present your whole life pleasing and acceptable to the Lord. That's your spiritual worship.

Action Plan for the Week: Limit the intake of secular message. Spend less time with TV and YouTube. Spend more time with the Bible and prayer. And you will do well in renewing of your mind.

Amen.