

Let us pray: Heavenly Father, we thank  
you for the gift of our

bodies. Forgive us where we have  
neglected or misused them.

Teach us to honor You in how we live,  
how we care for ourselves

and how we serve you with strength and  
energy. We ask for Your

renewal today, restore our health, refresh  
our spirits and

strengthen us to live for Your glory. In  
Jesus name, Amen.

## ***“Renewing Your Body”***

*March 23rd, 2025 — Selby United Church – Scripture 1 Corinthians 12:12-27*

*By Glenda Hudgins*

The last two weeks we have been talking about renewing our heart Psalms 51: 10 “Create in me a pure heart O God, and put a new and loyal spirit in me” and renewing our minds Romans 12: 2 “Do not conform yourselves to the standards of this world, but let God transform you inwardly by a complete change of your heart”.

With renewed hearts and minds, the next obvious place that renewal needs to take place is in our bodies because we are made up of spirit, soul and body.

1 Corinthians 6: 19-20 “Don’t you know that your body is the temple of the Holy Spirit who lives in you and who was given to you by God? You do not belong to yourselves but to God. He bought you for a price so use your bodies for God’s glory”.

This has nothing to do with the way our bodies look or the shape they are in. Of course, if we are physically able we should exercise and control our diets, but that is not the kind of renewal I am talking about, so you can all breathe a sigh of relief, I am not going to tell you that you have to exercise and you have to eat a nutritional diet but....we all know we should do that.

These temples of God that carry us through life are often overworked, neglected and even abused. We live in a world that pushes us to exhaustion, feeds us unhealthy habits and tells us that self-care is selfish. But what does God say about our bodies?

God cares about our hearts, minds and yes our bodies. He calls us to renewal, not just spiritually, but physically as well. When our bodies are strong and healthy, we are better equipped to serve, to love and to fulfill our purpose.

Think about a car. If you never change the oil, ignore the maintenance and constantly push it beyond its limits, eventually it will break down. Our bodies are the same way. If we don’t take care of them, we won’t have the energy or strength to do what God has called us to do. Let’s explore what it means to renew our bodies, how we can honour God through our health, find strength in His Word and live in a way that glorifies Him.

Since our bodies belong to God, we don’t own them, we are stewards of them. Just as the priests in the Old Testament carefully maintained the temple, we must care for our bodies in ways that honour God. This includes what we consume, like food and substances, media influences; how we treat our bodies such as exercise, rest, self-care and what we do with our bodies to avoid sin and serving God.

Renewal begins when we acknowledge that our bodies belong to God. We should seek to maintain physical health, mental clarity and spiritual purity so that we can serve God effectively. When we care for our bodies, we are not just benefiting ourselves, we are honouring God and

allowing Him to use us fully for His purposes.

How can you honour your body as God's Temple, evaluate your habits: Are you caring for your body as a temple or are there areas where you need to improve? Make God honouring choices in what you eat, how you rest and how you live. Pray for strength and discipline and ask God to help you take care of His temple.

You should honour God in your appearance and actions. Modesty is not just about clothing but also about attitude. Be mindful of how you carry yourself, your posture, speech and interactions should reflect Christ's character.

Use your body to serve God and others. This can be through physical acts of kindness, helping those in need and engaging in worship and ministry.

Feed your mind and spirit with God's Word, worship and uplifting influences.

Holiness is not just about avoiding sin but actively walking in the Spirit. Rely on God's strength to resist temptation and pursue righteousness.

Right now there are so many things going on in our world, wars,

Donald Trump, a Federal Election in Canada, how does this affect our body? Well if we spend a lot of time watching news on TV or reading things on our computer, what do we reach for while we do this, something to snack on. We have to keep our spiritual body healthy. God

lives in us so we must keep it exercised and pray daily.

1 Corinthians 12:27 "All of you are Christ's body and each one is a part of it. So, the church is all of us. We all belong to the body of Christ. We have to take care of our bodies, but we also have to take care of the church and be a big part of the church which is Jesus.

Just as each of us has one body with many members or body parts, hands, feet, eyes; I don't really need to name all of the hundreds of body parts we have, and these members or body parts do not all have the same function; so in Christ, each of us is one body, and we all come together in many bodies to form the church, and each of us has a specific part.

Remember that saying when you were a child "This is the Church, here is the steeple, open it up and see all the people", We Are the people, we are the Church.

Another important way to take care of our bodies is through rest. In Exodus 20:8-10 'Observe the Sabbath and keep it holy. You have six days in which to do your work but the seventh day is a day of rest dedicated to me.'

A few years ago when my family farmed, we always tried to take Sunday afternoons off. Of course you still had to milk the cows and feed the animals but we tried very hard just to do what had to be done and leave the rest until Monday. My neighbour, when I was growing up even went so far as to peel the potatoes and

vegetables and make most of the meals for Sunday on Saturday so she could have most of Sunday off, to go to church or to get together with family. Things sure have changed.

Rest is not laziness, it is obedience. God designed our bodies to need renewal through proper rest. Prioritizing rest and sleep in our lives avoids burnout and honours God's design.

Life is demanding and no matter how strong we think we are, fatigue, stress and burnout affects everyone. Even the young and strong "grow tired and weary" meaning physical and emotional exhaustion is a universal experience. Our bodies are designed with limits and when we ignore them, we suffer.

Isaiah 40: 29-31 He strengthens those who are weak and tired, even those who are young grow weak; young men can fall exhausted. But those who trust in the Lord for help will find their strength renewed. They will rise on winds like eagles; they will run and not get weary, they will walk and not grow weak.

The key to renewal is not just physical rest but spiritual rest. When we rely on God, He refreshes us beyond what we can do for ourselves. This is why prayer, worship and time in His presence

are crucial for whole body renewal.

When we take care of our bodies and place our trust in God, we can continue serving Him with energy and vitality. What gift has God given you to be a constructive member of this church.?

1 Corinthians 6:19-20 – Paul says we are not our own. Having received our bodies as a gift from God, we use them to honour God. Problems arise when we see our decisions as separate from our bodies or too small to impact our lives.

If you are tired, God can refresh you. If you are struggling with discipline, God can strengthen you, if you feel broken, God can restore you.