

Church of God

Sunday School

WHOLE-LIFE STEWARDSHIP #6 – BODY

DAILY READINGS:

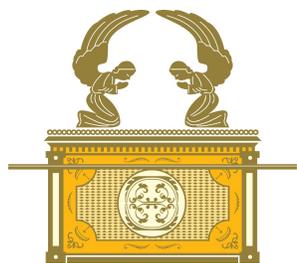
- ❑ **Monday:** God carefully created you (Psalm 139:13-16).
- ❑ **Tuesday:** God gave Moses and David detailed patterns (Exodus 25:1, 8-9; 1 Chronicles 28:11-19).
- ❑ **Wednesday:** The story of Uzzah (2 Samuel 6:1-7; 1 Chronicles 13:9-12).
- ❑ **Thursday:** Your body is to be God's temple (Acts 17:24; 1 Corinthians 3:16; 1 Corinthians 6:19).
- ❑ **Friday:** You are to take care of your body (1 Corinthians 6:18; 1 Timothy 4:8; 1 Thessalonians 4:3).
- ❑ **Saturday:** God has a purpose for your body (John 14:23; Philippians 1:20; Revelation 4:11).

MEMORY VERSE: *"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."*
 –1 Corinthians 6:18-20

Your Body Has a Purpose

In 1812 the French, led by Napoleon Bonaparte, launched an invasion of Russia. During this military campaign, Napoleon kept his horses in the oldest and most important chapel in the Kremlin—the Cathedral of the Assumption. This historic building, which was built for religious services, was used as a common stable. Can you imagine how upset those who worshiped in this chapel were to see it being treated so? Likewise, how must God feel when we fail to use our bodies in the way He has planned? Our culture says, "If it feels good, do it!" There is a strong emphasis on having fun and indulging yourself. The feminists say, "We need to take back our bodies." The pro-choice group tells us that a woman should be able to decide what to do with her own body. Some people are consumed with body image (how they look), and others fail to take care of themselves, saying, "It's my body; don't judge me." Do these beliefs line up with what God's Word tells us about how He wants us to manage this wonderful resource—our body?

God (the owner) has given each of us (the managers) a body that was carefully designed and created. We are "fearfully and wonderfully made" (Psalm 139:14). With such attention and detail, is it possible that God has a plan for how we are to be stewards of our body? What is God's purpose for your body?

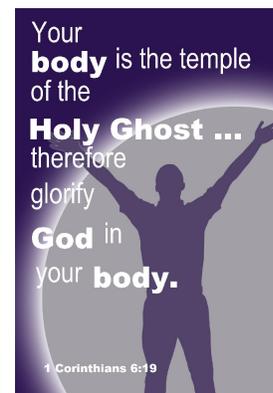


Ark of the Covenant

Your Body Is a Temple

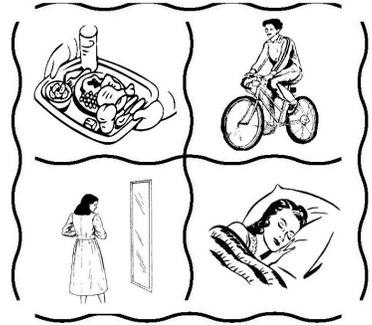
In the Old Testament, God's Spirit dwelled in the Ark of the Covenant, which was kept in the temple in a room called "the Holy of Holies" (Exodus 26:33 AMP). This was considered Israel's most valuable possession. God gave very specific instructions for how it was to be built, carried, and maintained. Can you imagine the priests failing to take the proper care of it, allowing it to be stored just anywhere, or carelessly handling it? (Read the story of Uzzah and the improper transporting of the Ark in 2 Samuel 6:1-7 and 1 Chronicles 13:9-12.) Today God no longer lives "in temples made with hands" (Acts 17:24), but He lives within those who have given their hearts and lives to Him (John 14:23). This is

why the Apostle Paul described "your body" as "the temple of the Holy Ghost" (1 Corinthians 6:19). Do you think God is any less concerned today with the dwelling place (your body) of His Spirit than He was with it in the Old Testament? Do you think He cares any less when people today fail to take the proper care of their body, taking it anywhere, and allowing it to do, say, or wear just anything?



How to Be a Good Steward of Your Body

Eat Healthy Foods: How long would your car run if you put only sugar in the gas tank? Just as cars were made to operate with a certain kind of fuel, our bodies need certain kinds of "fuel" to operate as well. How well would your body be if you fed it nothing but sugar every day? For many teenagers, a diet of only junk food (food without vitamins and nutrients) sounds like a great idea! However, there is a reason many mothers say, "Eat your vegetables," "Take your vitamins," or "You must eat your dinner before having dessert." It is important to feed your body what it needs. Some people take healthy eating to the extreme and obsess over every bite they eat. First Corinthians 9:25 tells us to be "temperate in all things." In other words, practice self control—do not be extreme either way. Most of all, what does the Owner want you to do? He created your body to work for Him, to give Him glory. Can your body do that if you never give it the proper "fuel"?



Get Some Exercise: We read in 1 Timothy 4:8 that "physical training is of some value" (AMP). Although Paul was warning that spiritual fitness is much more important, he did let us know that exercising is of "some value." Some people have taken exercise to the extreme, but this does not mean we should not exercise at all. Many studies show that exercise strengthens the heart, lowers blood pressure, maintains bones, helps with sleeping at night, improves one's mood, and increases one's resistance to infections and diseases. Our bodies were created to operate better with exercise. Even simple things like walking or riding a bike help us to be better stewards of our bodies.

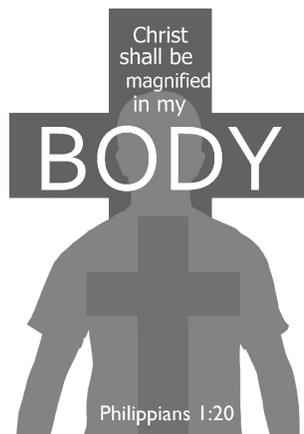
Get Enough Sleep: There will be many times in your life when it is very hard to get enough sleep. You might be sick, studying for a test, burdened for someone, or working and only get a few hours of sleep. These times are often unavoidable. However, many youth do not get enough sleep because they are up late on their phones, watching movies, texting friends, or checking social media. How do you feel when you do not get enough sleep? Your body was created to need rest. Did you know that a third of your life will be spent sleeping? When you sleep, your body is repairing itself, improving your memory, and lowering your stress levels.

Dress Modestly: Some people believe that God does not care how you dress or what you wear. They say that God sees the heart. Does this line up with what the Bible says? Did you know that God gave detailed instructions to Moses about how the tabernacle was to look and to David for the temple? God was very particular about His dwelling place in the Old Testament. Is it possible that He does not care about what His dwelling place looks like now? It is important that you talk to God about how He wants you to look. No doubt, God has placed spiritual people in your life (parents, pastors, youth leaders) who can help you understand what the Bible says about dressing modestly. Ask them to help you.

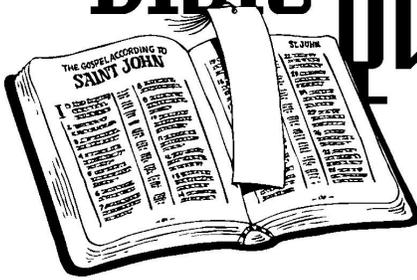
Keep It Pure: God created marriage as the place for a special bond between a man and a woman. Yet, the world says that there is nothing wrong with sex before marriage, living together without getting married, and "sleeping around." First Corinthians 6:18a warns, "Flee fornication." Good stewardship includes learning about and following God's plan for keeping your body pure. First Thessalonians 4:3 says to "abstain from fornication." In other words, avoid anything that causes sexual immorality. This includes avoiding pornography and any books, movies, songs, or videos that bring sexual temptations.

Your Body Is to Give Glory and Honor to God

As you mature in your walk with God, it is good to continue to keep in mind that He created your body for His purpose. Consider His ownership when you are invited to questionable places, when you want to dress like your unsaved friends, and when you are tempted to drink alcohol, smoke, or try drugs. Paul wrote that "Christ shall be magnified in my body" (Philippians 1:20). He wanted to be a witness to others through the actions of his body. Your body can be used for the glory of God or it can be used for your own desires and purposes. You can have the attitude, "It's my body, and I'll do what I want," or you can take care of and use your body in a way that brings glory and honor to the One who gave you this amazing possession.



Bible Quiz



1. Why were the people in Russia upset about where Napoleon kept his horses? _____

2. What are some wrong ideas about your body that are often heard in our culture? _____

3. Where did God's Spirit dwell in the Old Testament? _____

4. Where does God's Spirit dwell today? _____

5. How does eating healthy foods help you to be a good steward? _____

6. What are some ways that exercise helps the body to operate properly? _____

7. Why is it important that you get enough sleep? _____

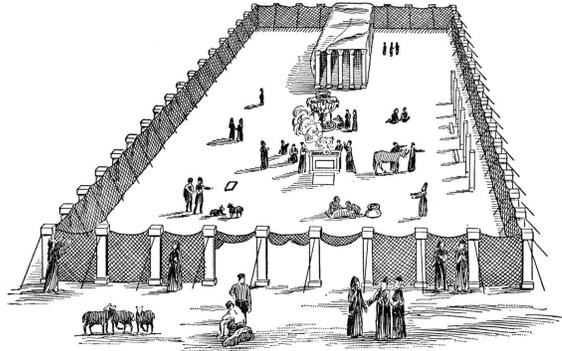
8. Who can help you understand what the Bible says about dressing modestly? _____

9. What are some things that can hinder you from keeping your body pure? _____

10. What does Philippians 1:20 mean when it says to magnify God in your body? _____

11. What are some things you could do to be a better steward of your body? _____

The Tabernacle



"And let them make me a sanctuary; that I may dwell among them."

-Exodus 25:8

THE PATTERN OF THE TABERNACLE

What was the length of the ark in Exodus 25:10? _____

Where were the four rings of gold placed in Exodus 25:12? _____

What was on the ends of the mercy seat in Exodus 25:18? _____

What were the dishes, spoons, and bowls made of in Exodus 25:29? _____

How many lamps were made in Exodus 25:37? _____

Where was Moses when he was shown the pattern in Exodus 25:40? _____

What colors were the curtains in Exodus 26:1? _____

How many loops were in the curtains in Exodus 26:5? _____

What were the curtains in Exodus 26:7 made of? _____

What color was the covering of rams' skins in Exodus 26:14? _____

How many boards were on the north side in Exodus 26:20? _____

What should the bars in Exodus 26:29 be overlaid with? _____

What were all the vessels in Exodus 27:3 made of? _____

What is the "breadth" of the court on the east side in Exodus 27:13? _____

What were the hooks and sockets in Exodus 27:17 made of? _____

What kind of oil was used for light in Exodus 27:20? _____

If God was this particular about His Old Testament dwelling place (the tabernacle), would He not also be very particular about His New Testament dwelling place (your body)?