

The Freedom of Body

Sept 20, 2026

Life, liberty, and the pursuit of happiness—these are cardinal, inalienable freedoms.

Theme: our freedom is a gift from the Lord and we are called to use our gift to glorify Him and to bless others.

Today: Freedom of Body, the freedom to govern our bodies

Where are the flashpoints in our cultural debate about our bodies?

Theology of the Body

Three historic views:

- Body as dirty, temporary, tent for the soul, object of shame
- Body as divine, glorious, eternal, soulless, object of worship
- Body as good, useful, valuable, object of love
 - “Brother Ass”—St. Francis of Assisi
 - C.S. Lewis: “Ass is exquisitely right because no one in his senses can either revere or hate a donkey. It is a useful, sturdy, lazy, obstinate, patient, lovable and infuriating beast; deserving now a stick and now a carrot; both pathetically and absurdly beautiful. So the body” (*The Four Loves*).

Heidelberg Catechism Q #1: “What is your only comfort in life and in death?” A: “That I am not my own, but belong—body and soul, in life and in death—to my faithful Savior, Jesus Christ.”

- Phil 3:17-21
- Ps 139:13-15

“Bodies are central to the Christian story. Creation inaugurates bodies that are good, but the consequences of the fall are written on our bodies—our bodies will sweat as we labor in the fields, our bodies will hurt as we bear children, and, most centrally, our bodies will die. If the fall is written on the body, salvation happens in the body too. The kingdom of God is transmitted through Jesus's body and is sustained in Christ's Body, the church. Through the bodily suffering of Christ on the cross and the bodily resurrection of Christ from the dead, we are saved. Bodies are not just mirrors in which we see the consequence of the fall; they are also, in one theologian's phrase, ‘where God has chosen to find us in our fallenness.’ Bodies are who we are and where we live; they are not just things God created us with, but means of knowing Him and abiding with Him.”—Lauren Winner, *Real Sex*

Jesus's Body & Theology

Miracle of Incarnation (Jn 1:1-2, 14; Phil 2:5-7)