

# Wholly Human Spirit and Soul and Body

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**The Big Questions:** What does waistlines and faith have in common? What is the connection between our spirituality and our bodies?

**Questions:** What would it mean for Jesus to be “Lord of your body?” What does it look like if He is? Jesus spent a lot of time healing people’s bodies. He has come to bring life to the totality of who we are: body, soul and spirit.

What isn’t true about our bodies? Two extremes:

1. It’s all “spiritual.” This extreme says the spiritual is reality; the physical is temporary and therefore not as valuable.

The Bible talks about physical resurrection. It is not a disembodied eternity.

**Question:** Have you looked at life in eternity as spiritual and not physical? Explain why or why not.

<http://sermon.link/eternity>

2. It’s conditional on ... This extreme says our bodies are so important that everything we do with them will affect how we’re able to receive from Jesus.

Christians have whipped their bodies for punishment and baptized corpses.

**Question:** In what ways have you looked at your body as important to this extreme? What examples of this have you seen?

These two extremes are just trying to answer the question: What is the connection between our spirituality and our bodies?

Romans 8:11-13, 22-24

1 Corinthians 6:13

God redeems our bodies because He is “**for our bodies.**”

**Question:** In what way does this truth shift the way you view your body?

3 big oppressors we face if Jesus is not in control of your body:

1. In charge and out of control

God has created us with appetites. When they are in charge, our lives quickly spin out of control.

Jesus replaces impulsiveness with freedom.

2. Worshipped and punished

In our culture we worship the body because we believe there is a perfect body. Nobody is happy with their bodies. We punish our bodies in an effort to create worthiness.

Jesus replaces vanity with wholeness.

3. Preserved and discouraged

We are living longer but we are suffering more.

Jesus gives peace despite suffering, joy through limitations and faith during sickness.

**Questions:** How have you been looking at your body that has not resulted in freedom? What does it look like to make Jesus Lord of your heart and your body as well?