whom you have from God, and that you are not your own? 

For you have been bought with a price: therefore glorify God in your body.

**I Corinthians 10:31**

Whether, then, you eat or drink or whatever you do, do all to the glory of God.

**I Corinthians 9:25-27a**

Everyone who competes in the games exercises self-control in all things. They then do it to receive a perishable wreath, but we an imperishable. 

Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air; but I discipline my body and make it my slave.

**I Timothy 4:8**

For bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come.

**Matthew 10:28**

Do not fear those who kill the body but are unable to kill the soul; but rather fear Him who is able to destroy both soul and body in hell.

**I Peter 3:3-4**

Your adornment must not be merely external—braiding the hair, and wearing gold jewelry, or putting on dresses; but let it be the hidden person of the heart, with the imperishable quality of a gentle and quiet spirit, which is precious in the sight of God.

**II Corinthians 4:18**

We look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.

**Notes:**

**Body and Spirit**

**Genesis 2:7**

I. The B_________ does not clearly distinguish the elements that constitute man.

II. The words “soul” and “spirit” are interchangeable in Scripture.

III. Man is physical and non-__________; b________ and s__________.

A. The body is important and ________.

1. Bodily functions are nothing to be ashamed of.

2. Take care of the body -- yours and others.

B. The spirit is i___________ and good.

1. The spiritual dimension is to c___________ the physical.

2. The spirit can exist apart from the body, but the body without the spirit is d__________.

3. The spiritual is more i___________ than the physical or sensual.
Scripture References:
(New American Standard Bible (NASB) is used unless otherwise indicated)

Genesis 2:7
Then the Lord God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being.

Psalm 103:1
Bless the Lord, O my soul, and all that is within me, bless His holy name.

Ecclesiastes 3:21 (NIV)
Who knows if the human spirit rises upward and if the spirit of the animal goes down into the earth?

Ecclesiastes 12:7
Then the dust will return to the earth as it was, and the spirit will return to God who gave it.

I Thessalonians 5:23
Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ.

Luke 10:27
And He answered, “You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself.”

I John 4:1-2
Beloved, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world. 2By this you know the Spirit of God: every spirit that confesses that Jesus Christ has come in the flesh is from God.

Philippians 3:20-21
For our citizenship is in heaven, from which also we eagerly wait for a Savior, the Lord Jesus Christ; 21who will transform the body of our humble state into conformity with the body of His glory,

II Corinthians 5:8
We are of good courage, I say, and prefer rather to be absent from the body and to be at home with the Lord.

II Corinthians 5:1-2
For we know that if the earthly tent which is our house is torn down, we have a building from God, a house not made with hands, eternal in the heavens. 2For indeed in this house we groan, longing to be clothed with our dwelling from heaven.

I Timothy 4:1-3
But the Spirit explicitly says that in later times some will fall away from the faith, paying attention to deceitful spirits and doctrines of demons, 2by means of the hypocrisy of liars seared in their own conscience as with a branding iron, 3men who forbid marriage and advocate abstaining from foods which God has created to be gratefully shared in by those who believe and know the truth.

I Timothy 4:4-5
For everything created by God is good, and nothing is to be rejected if it is received with gratitude; 4for it is sanctified by means of the word of God and prayer.

Colossians 2:20-23
If you have died with Christ to the elementary principles of the world, why, as if you were living in the world, do you submit yourself to decrees, such as, 21“Do not handle, do not taste, do not touch!” 22(which all refer to things destined to perish with use)—in accordance with the commandments and teachings of men? 23These are matters which have, to be sure, the appearance of wisdom in self-made religion and self-abasement and severe treatment of the body, but are of no value against fleshly indulgence.

I Corinthians 6:19-20
Or do you not know that your body is a temple of the Holy Spirit who is in you,