

When You Take Care of Your Body, You Also Do This

For change to happen in any area of your life, whether it's financial, vocational, educational, mental or relational, you have to begin with the physical.

Why? Because your body affects your behavior. Your muscles affect your moods and your motivation. Your physiology can actually affect your psychology.

Romans 12:1 says, "I urge you therefore, brothers, by the mercies of God, that you present your bodies as a living sacrifice, holy, and acceptable to God, which is your reasonable service of worship."

The problem with a living sacrifice is that it can choose to crawl off the altar. We do this all the time. We offer ourselves to God, and then we take ourselves back. This is not a once-for-all offer. You've got to do it four, five, or maybe 10 times a day.

So what is "your true and proper worship"? There are three things you can do with your body that the Bible says are acts of worship:

1. Cleanse your body. The Bible says in 2 Corinthians 7:1, "Since we have these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." You cleanse your body by controlling what you allow in your mind through what you watch and listen to, and in your body by what you eat and drink.

2. Care for your body. Ephesians 5:29 says, "For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord cares for the church." Keeping your body in shape is

an act of worship to God.

3. Control your body. "... that each one of you should know how to possess his own vessel in sanctification and honor" (1 Thess. 4:4). Control your body so it doesn't control you. There is no reason to say, "I couldn't help myself!"

No matter what kind of change you want to make in your life, it will require energy. To have the energy to meet your goals, change has to start with your body.

Talk It Over

- What are practical ways you can honor God through your body today?
- What are the small ways you need to work on controlling your body? What are the big ways?
- How does Christ "feed and care for the church"? Why do you think God wants you to do the same with your body?

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