

**The Intentional Life (Part 5)**  
*“The Intentional View of My Physical Body”*  
(1 Cor. 10:31)

**Introduction:** We laugh and joke about our bodies; but did you know God wants us to be very intentional about *how we live in, treat and use our bodies*? Since the Christian understands that our bodies were formed by and fashioned after God we should be very intentional about how we view our physical body and understand how to live in, care for and use these bodies (so that in all we do, we do it for the glory of God!)  
As we consider how to intentionally take our living to the highest level today – I want to give you three things to consider as we establish an intentional view of our physical bodies.

**I. I live in the body, but God wants me to live in it for Him:**

1. **Paul teaches that the body is often the instrument of sin** (1 Cor 6:18)
  - a. **Paul spoke of His own struggles in the body** (Rom 7:18-25)
  - b. **God has saved the believer from their sin** – And, in salvation,
    - He has given me a new life (2 Cor. 5:17)
    - He has given me a new nature (2 Pe. 1:4)
    - However – He has placed them both in these old bodies!
2. **For this reason, we must exercise discipline over these bodies** – (Gal 5:16, 17) “
3. **This must be an intentional act** – (Rom 8:13; 1 Cor. 9:2)

Human life requires a body – and these bodies are the tools of our trade as we live in them for Christ! (*1 Cor 6:20; Gal 2:20; Rom. 12:1*)

**II. I live in this body, but my body belongs to God:** (1 Cor 3:16)

- A. **My body is sculpted by God – He wants it to represent Him** – (1 Thess. 5:22, 23; Phil. 1:20)
- B. **My body is the sanctuary of God – He wants me to honor and respect it** –
- C. **My bodies is to be set apart for God’s service and He wants me to take care of it** –

**III. I live in this body, but God wants me to use it for Him:**

- A. **Paul told those at Philippi** – (Phil 2:5-9)
- B. **The writer of Hebrews tells us** – (Heb 10:5)

*These passages (and others like them) indicates that Jesus knew and accepted that - God gave His Son a prepared body so that the Son might serve God and fulfill His will on earth with it. (John 4:34; 5:30; 6:38; 17:4).*

1. **What I think and focus on** – I do
2. **I need to have the same attitude Jesus had and the same aim as Paul,**
3. **The view the psalmist had** – (Psalm 139:13-17)

In other words, God didn’t just form your body – He formed you with a specific plan and purpose which He desire to use you for!  
And what He did for the psalmist – He did for you!

**Conclusion:** If we want to intentionally take our living to the highest level, we have to have an intentional view of the worth and value God places on these physical bodies we are living in:

How have you been viewing your physical body?  
How have you been living in it, caring for it and using it?

Can you say today – In all I do, I do it for the glory of God?

Can you say today – Like Paul, I want God to be exalted in this body?

Let’s acknowledge starting here and now today, – “Father this is the body You have prepared for me – use it for Your glory!”