

No Big Deal Until It Is Healthy Body

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TALK IT OVER

Key Scripture:

1 Corinthians 6:12 (NLT)

12 You say, "I am allowed to do anything"—but not everything is good for you. And even though "I am allowed to do anything," I must not become a slave to anything.

1 Corinthians 6:13–20 (NLT)

13 You say, "Food was made for the stomach, and the stomach for food." (This is true, though someday God will do away with both of them.) But you can't say that our bodies were made for sexual immorality. They were made for the Lord, and the Lord cares about our bodies. 14 And God will raise us from the dead by his power, just as he raised our Lord from the dead.

15 Don't you realize that your bodies are actually parts of Christ? Should a man take his body, which is part of Christ, and join it to a prostitute? Never! 16 And don't you realize that if a man joins himself to a prostitute, he becomes one body with her? For the Scriptures say, "The two are united into one." 17 But the person who is joined to the Lord is one spirit with him.

18 Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body. 19 Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, 20 for God bought you with a high price. So you must honor God with your body.

Romans 12:1 (NLT)

And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.

Start **talking**. Find a conversation starter for your group.

- On a scale of 1 to 10 with 1 being you are on death's doorstep and 10 being you are ready to run a triathlon, what's your number? Are you happy with that number? What one thing could you do this year to improve that number?

Start **sharing**. These questions are to help get your group thinking and to create openness.

- **Read 1 Corinthians 6:12.** As Christians are we "allowed to do anything?" Troy mentioned 2 questions that Paul taught the Corinthians to ask. Is it beneficial? And will it enslave me? How would those 2 questions help you make decisions in some of the gray areas of your life?
- **Read 1 Corinthians 6:13-20.** What mistake were the Corinthians making? How were they using their Christian liberty as an excuse for sin? Have you ever been guilty of that?
- Do you think of your body as the temple of the Holy Spirit? If so, how does that change how you view your body?
- What does it mean that "you don't belong to yourself, for you were bought with a high price?" How does that motivate you to honor God with your body?
- **Read Romans 12:1.** What does it look like for your body to be a living sacrifice?
- Is there an area of your life where you need to make progress in honoring God with your body? What can our small group do to help you in that effort?
- Do you take a weekly Sabbath day? Why is it important to do so?

Start **doing**. Commit to a step and live it out this week.

- This week, take a sabbath day and keep it holy, just as God commands you.

Start **praying**. Be bold and pray with power.

- Praise God that He has purchased you with such a high price, the life of Jesus Christ. Ask Him to help you to honor Him with your body, which is to become a living sacrifice.

Question: "Why is sexual immorality described as sin against your own body (1 Corinthians 6:18)?"

Answer: Paul tells the Corinthians to “flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body” (1 Corinthians 6:18). In saying that sexual immorality is sin against one’s own body, Paul may have been referencing a common belief among the Greeks of that day that the physical body was not important. In fact, many believed the body to be evil and often described it as a tomb or a weight the soul was forced to carry around. This idea led some in the Corinthian church to take Christian liberty beyond what is appropriate. Why does sexual immorality matter—it’s just a physical act that only involves the body, right? Paul says, “Wrong.”

As Paul confronts the issue of sexual immorality, he builds an argument beginning in 1 Corinthians 6:12. He first establishes the idea that the legality of something is not the only concern. One should ask not just, “Is this permissible for me?” but, “Is this beneficial to myself and others?” Another question is “will this liberty eventually master me, leading to a place of bondage and addiction?”

Paul then addresses the Corinthians’ view of the body in 1 Corinthians 6:13. His readers tended to say, “Food for the stomach and the stomach for food”; that is, “I have an appetite, and it’s not wrong to satisfy it.” Paul responds by saying that both the appetite and the food will be destroyed one day. He then contrasts this to sexual immorality. The body was not designed for immorality in the same way that the stomach was designed for food. Sex is more than a desire to be satisfied; food does not defile a person, but immorality does.

Paul goes on to argue against sexual immorality by pointing to the resurrection. The body will be raised in the same power that “raised the Lord from the dead” (1 Corinthians 6:14). Thus, the body is important, and God still has a plan for the body. It is *not* an evil that the soul is trapped in, but it is part of the makeup of mankind that God intends to redeem. Both the body and soul will be preserved immortal. So, even if sexual immorality involved *only* the body, the body is important and intended to glorify the Lord.

Beyond this, the Christian’s body is united to Christ through a spiritual union (1 Corinthians 6:15). What Christians do with their bodies impacts Christ. As the believer is united with Christ, a Christian committing sexual immorality (specifically, in this context, having sex with a prostitute) unites the body of Christ with a prostitute. Paul reacts to this in the most negative way possible in the Greek language, translated, “May it never be!” (1 Corinthians 6:15).

Because of the nature of sexual immorality being against the body, Paul implores the Corinthians to “flee from sexual immorality” (1 Corinthians 6:18). Sexual immorality is the only sin that unites two people in one flesh (verse 16). It is a sin that corrupts and ensnares like no other, and it often leads to physical diseases. For these reasons, Paul concludes that sexual immorality is a sin committed against one’s own body.

The body is the Lord’s and should be used for His glory. Sexual immorality is of particular importance because it is sinning against one’s own body. The believer’s body has been bought by the Lord at a high price and should be treated that way, so flee sexual immorality. Joseph provides a good example of what fleeing sexual immorality looks like (Genesis 39:12).