

Caring for the Body: The Forgotten Aspect of Stewardship

Stewardship Includes the Body

God has entrusted us with a body, and caring for it is an act of worship and stewardship.

God Intentionally Created the Human Body

Genesis 2:7 NKJV

And the Lord God formed man *of* the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being.

“God doesn’t just speak, He personally formed man...” – Ricky Howell

1 Thessalonians 5:23 NKJV

Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.

God Created Us to Function Through a Body

Romans 12:1 ESV

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

“God sent His only Son into the world as a man.” – Erica Howell

Our Bodies Belong to God

1 Corinthians 6:19-20 ESV

Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.

“The Holy Spirit lives in believers.” – Erica Howell

Ephesians 2:10 ESV

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

1 Corinthians 9:27 NLT

I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.

1 Corinthians 6:12 ESV

All things are lawful for me,” but not all things are helpful. “All things are lawful for me,” but I will not be dominated by anything.

Stewardship Includes Physical Health

1 Corinthians 6:12 ESV

Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

Do not neglect taking care of your physical body.

“I share my personal testimony to let you know that transformation is possible.” – Ricky Howell

Failure precedes growth.

“God is in the transformation business.” – Ricky Howell

Going through a difficult time is part of the process.

God Is Serious About What We Do in the Body

2 Corinthians 5:10 ESV

For we must all appear before the judgment seat of Christ, so that each one may receive what is due for what he has done in the body, whether good or evil.

“The body is not insignificant.” – Erica Howell

1 Corinthians 6:18 ESV

Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body.

Do not violate God’s design of the body.

“God created sexual intimacy to unite a husband and a wife, in marriage.” – Erica Howell

God Will Redeem and Resurrect the Body

2 Corinthians 5:1-5 ESV

For we know that if the tent that is our earthly home is destroyed, we have a building from God, a house not made with hands, eternal in the heavens.² For in this tent we groan, longing to put on our heavenly dwelling,³ if indeed by putting it on we may not be found naked.⁴ For while we are still in this tent, we groan, being burdened—not that we would be unclothed, but that we would be further clothed, so that what is mortal may be swallowed up by life.⁵ He who has prepared us for this very thing is God, who has given us the Spirit as a guarantee.

God will personally create new glorified bodies for those who believe in Jesus Christ.

AI is Artificial Intelligence; II is Infinite Intelligence.

“God has promised us a body...” – Ricky Howell

Psalms 16:10 ESV

For you will not abandon my soul to Sheol, or let your holy one see corruption.

Whole-Life Stewardship

God cares about the whole person; body, soul, and spirit. God calls us to steward not just one part of our being, but our whole lives.

Stewardship is caring for the whole being as an act of worship unto God.

Honor God with your whole life!