

RUSSELL SANDERS  
TO GIVE AND BE GIVEN – LESSON 20  
GIVE THE SACRIFICE OF YOUR BODY

This series “To Give and to Be Given” began 1-23-21 with the first eight lessons on what we are “To Give.” Then lessons 9-19 look at what we are to “Be Given” by God. We now return to focus once again on what we are “To Give” to God to glorify Him.

Romans 12:1 says, *“I beseech you (urge, or call upon you) therefore, brethren by the mercies of God, that ye present your bodies a living sacrifice, holy acceptable unto God, which is your reasonable service.”*

The physical body of the believer belongs to God, not to the person. We tend to get it backwards. We feel our body is our own. We obsess over our weight, what and how much to eat, our health, our emotions, how we “feel” and so forth, but scripture tells us otherwise.

I Corinthians 6:19-20 says, *“What? Know ye not that your body is the temple of the Holy Ghost, which is in you, which ye have of God, and ye are not your own? For ye are bought with a price (the blood of Jesus), therefore glorify God in your body and in your (human) spirit which are (belong to) God’s.”*

This says God bought us “lock, stock and barrel” with Jesus’ blood. Our (human) spirit and our physical human body now are owned by Him. We must deal with our physical body in all ways so as to glorify God. We must *“present your bodies (as) a living sacrifice, holy”* unto God.

We must consider our body as an instrument set aside, sanctified, set apart unto God’s holiness (Holy spirit) within us.

The “sacrifice” is to avoid things which harm or defile God’s “holy temple” which is the physical body. What defiles His temple? Here are just a few of those things:

1. Sin: Any kind of sin be it lying, deceit, gossip, pride, gluttony, boastfulness, abusive behaviors, and so forth.
2. Harmful Substances: Things that harm or defile the body such as nicotine, alcohol, drugs of various kinds, stimulants, and so forth.
3. Physical excessiveness of any kind: Philippians 4:5 says, *“Let your moderation be known...”* whatever we do must be done in moderation, not in extremes. Choosing on your own to fast excessively can harm the body, as well as excessive (obsessive) exercise.
4. Lustfulness: lust is an intense desire or obsessive thought about almost anything. It could be sex, money, power, prestige, material things, and so forth. It is related to greed, or envy, or covetousness.

The “sacrifice” is more than just avoiding the above things. It is also to do that which honors God and brings Him glory through how you handle your body and its physical presence in this world. This relates to how we live (called our “conversation” in KJV). How we handle the physical presence of our body must never cast doubt upon our relationship with God.