

“Stewardship is everything we do ...”

Reflections on a whole-life approach to Christian stewardship
provided by the Stewardship Formation Team of the General Board



“The Body”



“Do you not know that you are God’s temple and that God’s Spirit dwells in you?... For God’s temple is holy, and you are that temple.”

1 Corinthians 3:16-17

Ever since I was a teenager, I have liked the idea of our physical bodies being God’s temple – or at least something special. The idea fits well with the Genesis story: On the sixth day of creation God made human beings according to the image of God. At the end of the day, God gave an unqualified blessing - “very good” (Genesis 1:26-31).

My body as God’s temple ~ It made sense to me as an adolescent trying to figure out all the changes in my body. What about the urges I was starting to feel? And the new strength and vitality? It still makes sense to me forty years later as a mature adult, seeing my body pass its prime.

The question was very clear to me then, as a teenager, and now, as a graying baby boomer: *How can we relate best to our bodies so that we can be faithful servants of Christ?* Without the partnership of our bodies, we find great limitations as disciples. Not treating it with the respect that it needs, our body will let us down. Not understanding it can make it our adversary. Answers come through living in its skin: *Feed it, exercise it, rest it, stretch it, take it to the doctor regularly, let it heal, listen to it, know its limits, befriend it, enjoy it, give thanks for what it does day after day.* And avoiding both hedonism and mortification, invite it to help you become the kind of Christian disciple God calls you to be.

*Contributed by Ed Poling, Pastor of the Hagerstown, Maryland
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