

Present Your Body A Living Sacrifice

By Teresa Glenn

Our bodies are an important part of who we are. Much is said in scripture about them. JESUS tells us in Luke 11:34 that “the light of the body is the eye.” That is easily confirmed by talking with any blind person. Paul tells us in 1 Corinthians 6:18 that there is sin that can be against our bodies. We want to avoid that problem. We must strive as Paul did to keep our bodies ‘under subjection’ (1 Corinthians 9:27). We are ‘bought with a price’ therefore we must ‘glorify GOD with our bodies’ (1 Corinthians 6:20). One way we can do that is by taking good care of the body we have. As women we often do not like the body we are in, but we can take care of it.

Caring for oneself is obviously not an invitation to become self-focused or selfish. It does however include a good diet and some regular exercise. It also would include good hygiene. To gain and maintain proper health we cannot neglect daily cleanliness. Remember we only get one chance to make that first impression. Sometimes the first impression is the only one for which we get an opportunity. Not only is body odor and bad breathe offensive to those around us it can also be a sign of health problems.

In order to give the best we have to the work of the LORD we must consider good health and hygiene as a necessary part of our lives that need our attention. It is true that one can become overly zealous in the time and money we put into our physical health and appearance. But getting out into the fresh air and taking a walk to gain some exercise can do wonders. Regular showers, teeth brushing and clean clothing are also necessary to ward off ‘B.O.’. A high school teacher once said, “by the time you smell yourself everyone else has been smelling you for three days.” This is an area in which we have total control most the time.

We can eat what we like or ‘what likes us’. ‘What likes us’ would be those fruits, vegetables and other wholesome foods the LORD provides. In this country we are so blessed that we tend to ‘live to eat’ rather than ‘eating to live.’ On occasion it is great to enjoy a delicious slice of chocolate cake (or whatever your favorite might be) but such things cannot be our primary diet. We must determine to maintain a healthy life style in order to have the energy to be fit to ‘finish the race.’ Remember, there will come opportunity to serve the LORD and bring glory to His name. We are His ambassadors and we must be presentable for His service. Make plans to take the time to be clean, healthy and ready to represent Him each day!