



Now the body is not for fornication, but for the Lord; and the Lord for the body.

1 Corinthians 6:13

Why is the body for the Lord? Do you have control over your whole body? Those who are older may wish to be young again, and those who are younger want to be older and wiser. It is the catch-22 dilemma or stumbling block that each human must face. No one can escape the aging process of their physical body. James, the brother of Jesus, commented that a perfect man can control their whole body. Do we need bridles to control our whole body? As humans, we struggle with our own humanity, with our emotions running high and reacting to everything that comes our way. We need some clear answers to continue on the path we are taking, yet we stumble and can't find our way out of the situation we may find ourselves in.

“For in many things we offend all. If any man offend not in word, the same is a perfect man, and able also to bridle the whole body.”

James 3:2

How many of us are perfect men or women who can control their own bodies? It is our mind that speaks through our mouth, and this is polluting our bodies. Whatever you put into your body is the result of its output. This is a good reminder for all of us, for it is the same process that whatever we listen to sets up our mind as well. We are taught to take care of our bodies in what we eat and do, so we can get the best results for our physical well-being. Science has



taught, and is still investigating the truth of what is happening within our bodies when it comes to DNA, cancer, and diseases. Sadly, certain industries are destroying our food source and creating cancer and decay within our bodies. We can not ignore the importance of maintaining good health by following proper nutrition. In the Old Testament, the Jews were told by God what they should eat to maintain a healthy body. We need the wisdom of God to help us through the many obstacles of the food chain today, to even stay in good health. No one can deny the challenges we have in staying the course for good nutrition for our bodies.

The Jewish News comments that “We live in a time where misinformation is increasingly common. Rumors spread quickly, and social media has made a significant contribution to this.” It is important to be careful what one posts on social media so as not to become a part of the problem of spreading rumors, but to pray and seek out the truth for the questions you have. We all must have patience when seeking answers to our questions. Sometimes, plain common sense is the key to being more aware, and reflecting on situations is wiser before one makes any decisions towards a plan of action. We ask God for wisdom in all situations. Many Christians just do not think about how their own bodies are the members of Christ. However, the apostle Paul was fully aware that our bodies are the members of Christ.

“Know ye not that your bodies are the members of Christ? Shall I then take the members of Christ, and make them the members of an harlot? God forbid.” 1 Corinthians 6:15

Let us consider another scripture, what the apostle Paul said in Romans chapter 8.

“But if the Spirit of him that raised up Jesus from



the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.” Romans 8:11.

The body for the Lord, and the Lord for the body, is the result of transformation. Being changed into the image of Christ in all we do and say. This is done by the Spirit of God. It is the Spirit of Christ that will raise up our bodies, and it will quicken our mortal bodies. This is not only for a future date, but is for us today. We have the healing atonement that Christ has provided for each of us who is saved. I recall that in the 1980s, the Firm Believer fitness program, created by Bobbie Wolgemuth and Judy Moser, gained popularity. Their goal was to meet the needs of Christians who were seeking to live a healthier lifestyle. Many Christians endorsed the program, and some churches opened their doors to having a weekly exercise program. I also remember watching the Jack LaLanne and the Richard Simmons show, which featured exercise routines to help keep our bodies fit for everyday living.

How Christians have asked God in prayer to help them through those crash diets, those habits of eating too many sweets, or feelings of tiredness, fatigue, and exhaustion that hamper us from doing what we should be doing to stay physically and spiritually fit. Do we truly care about what we eat and the type of physical activity we engage in every day? No matter what age you are taking care of your own body is a daily routine. Disease is growing at a rapid rate, according to the World Health Organization, and this is creating global pandemics. As Christians, we should be aware and concerned about how to keep our bodies as belonging to the Lord and not for self-indulgence.

How can we present our bodies to the Lord as a living sacrifice as Paul tells us in Romans 12:1. Let us not forget that the apostle Paul stated that our “body is not for fornication but for the Lord, [1 Corinthians 6:13]? Paul also asked the question in 1 Corinthians 6:15, “know ye not



that your bodies are the members of Christ?” How does this apply to our physical body? It is not only our mind, will, and emotions that belong to the Lord, but our physical body as well. That is why Jesus went about healing everyone who was sick or who had a disease. Salvation and healing are found in the cross of Christ because he bought us with a price. The body is to be holy because it is washed and justified through the blood of Christ.

For ye are bought with a price; therefore, glorify
God in your body and in your spirit, which are
God's

1 Corinthians 6:20

Our body is not to be used in selfish indulgences such as overeating or sexual immorality. Paul states to flee fornication because it is a sin against our own body [see 1 Corinthians 6:18]. Run away from sexual immorality and keep your own body pure and holy. Our body is part of the sanctification process through Christ, and now it belongs to the Lord. That is why Paul exclaims that “all things are lawful unto me, but all things are not expedient; all things are lawful for me, but I will not be brought under the power of any, [1 Corinthians 6:12]. We should not be brought under the power of anything that would degrade our bodies towards death rather than towards life. We are not to be conformed to the worldly ways of practicing selfish indulgences but to cease from them and be transformed by the renewing of our minds to what is good for us physically and spiritually. God is concerned for our whole being, and not just a part of it.

If thy whole body, therefore, be full of light, having no part dark, the whole shall be full of light, as when the bright shining of a lamp doth give thee light.

Luke 11:36



The whole body is to be full of light, having no part of darkness within it. Pray and ask the Lord to help heal your body and to get your appetites and desires under control. Ask God for help in taking steps to build up your physical body by changing your diet to one that supports a healthy immune system. Ask the Lord to help you maintain your health through exercising every week. Ask the Lord to guide you and your doctor to consider natural alternatives to building and maintaining a healthy body. Remember, He cares for you and your body, for you are presenting your body to the Lord as a living sacrifice [see Romans 12:1].

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