

# StewardSHIP

SERMON SERIES BY  
STEPHEN HERROD

MESSAGE 3:

## *GLORIFY GOD IN YOUR BODY*

**PASSAGE:** 1 CORINTHIANS 6: 19-20  
ESV

**19** Or 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, **20** for you were bought with a price. So glorify God in your body.

### **MESSAGE GOAL:**

The goal of this sermon is to emphasize and clarify the Biblical concept that “your body is a temple of the Holy Spirit.” It aims to provide a deeper understanding of the original context in Paul’s letter to the Corinthians, highlighting the collective nature of the body as the temple of the Holy Spirit. The message encourages believers to recognize their interconnectedness within the body of Christ, promoting accountability, support, and restoration among members.

### **INTRODUCTION**

Christians and non-Christians often assert “my body is a temple” with diverse implications, such as the need to care for

one’s body, be mindful of consumption, exercise, preserving bodily autonomy, and more. However, when considering this phrase in the context of a disciple of Jesus Christ, it is crucial to revisit the original use and context of this phrase. I want to suggest that over the years, the richness of its meaning has been lost in translation and diminished by Western framings and applications.

### **SERMON POINTS**

1. *WHAT WE DO WITH, TO, AND FOR, OUR BODIES IS AN ACT OF STEWARDSHIP, AND ULTIMATELY, WORSHIP.*

The original usage of the phrase “your body is a temple” is found in the letter Paul wrote to the church at Corinth. In this part of the letter, he emphasizes that our bodies are temples, but it’s crucial to delve into what he specifically says, distinguishing it from the general phrase “your body is a temple.” Firstly, observe the rhetorical question “don’t you know” attached to the phrase “your body is a temple.” This question serves as a mild rebuke, indicating that, despite their familiarity with the slogan, their conduct, as

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mentioned in the letter, reflects a lack of thorough consideration of its implications. Moreover, Paul doesn't simply state "your body is a temple" in a general sense. Instead, he tells these believers, "Your body is a temple of the Holy Spirit within you, whom you have from God," and This distinction is pivotal! While the general statement implies the body as a vessel of worship, the risk lies in worshiping oneself, devoid of sacredness and prone to profanity. However, Paul extends the concept from general to specific, emphasizing that our bodies are temples of the Holy Spirit, making the body the instrument of worship and the Holy Spirit the object of worship.

And Understanding that our bodies are temples of the Holy Spirit highlights that what we do with, to, and for our bodies is an act of stewardship and, ultimately, worship. This is our reminder that sexual sin, as Paul mentions in verse 18 profanes our temple and is not an act of reverence unto God who commands against it. Paul specifically points to sexual sin, because sexual sin, unlike other sins, involves our body in union with others and involves the whole self and can harm our spiritual well-being in a unique way, but sexual sin is not the only sin that profanes our temple, for all sin profanes our temple. Nevertheless, given that what we do with, to, and for our bodies is an act of stewardship and, ultimately worship, then taking care of our bodies through regular

exercise, maintaining a balanced diet, avoiding harmful foods and the sin of gluttony, ensuring sufficient sleep, casting anxieties on God through prayer, expressing emotions healthily, are components of our embodied worship. Furthermore, avoiding sexual sin, drunkenness, gossip, slander, idolatry, and ultimately aligning your life with the teachings of Jesus Christ are essential for maintaining the sanctity of the temple.

## 2. *COLLECTIVELY, WE ARE TEMPLE OF THE HOLY SPIRIT AND OUR INDIVIDUAL STEWARDSHIP OF OUR BODIES IMPACTS THE OVERALL HEALTH AND WELL-BEING OF THE BODY OF CHRIST, WHICH IS THE TEMPLE OF THE HOLY SPIRIT.*

Now there is but one more detail that must be brought to your attention so that you may have a comprehensive understanding of the phrase, "your body is a temple of the Holy Spirit."

Here it is: Earlier in this letter in 1 Corinthians 3:16-17, Paul wrote this to the church in Corinth:

Do you not know that you are God's temple and that God's Spirit dwells in you? "If anyone destroys God's temple, God will destroy him. For God's temple is holy, and you are that temple.

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It is here that Paul tells the believers in Corinth similar to what he says here in chapter 6, “you are God’s temple.” Get this, because it is not clearly indicated in English: In the original language, the Greek for “you” is plural in both verses 16 and 17. Paul, then, was making this startling declaration that the Corinthian Church that collectively, they are God’s temple, and that God dwells in their midst!

Fast forward to 1 Corinthians 6:15, Paul says that our bodies are members of Christ, and fast forward to 1 Corinthians 12, Paul says we were all baptized into one body, indicating that WE are the body of Christ!

Finally, let me note that in our reading of 1 Corinthians 6:19-20, similar to 1 Corinthians 3, the Greek for “you” is plural in both verses 19 and 20, and with that understanding verses 19-20 should actually read like this: “Do you all not know that your collective body is the temple of the Holy Spirit who is among you all, whom you all have from God, and you all are not your own?”

Here it is church: When Paul said, “your body is a temple of the Holy Spirit,” He was not speaking in an individual sense, but He was speaking in a collective sense! You see, the Bible consistently speaks of one temple for the one, true God. If each one of our

bodies were temples of the Holy Spirit, then that would mean that God has hundreds of millions of isolated temples all over the world, but what we will find is the idea of millions of isolated temples and the spirit of individualism is rooted in paganism! In the Greco-Roman world, it was common for there to be multiple temples because they served multiple gods!

Now hear me clear: There is an individual application to the phrase “your body is a temple of the Holy Spirit” because as a believer, you have the indwelling presence of the Holy Spirit individually, but since “your body is a temple of the Holy Spirit” is actually pointing to us as a church as that body, what that means then is that your individual deeds done in the body impacts not just yourself, but the entire church! Here it is: Your individual stewardship of your body contributes to the overall stewardship that we share as the body of Christ, temple of the Holy Spirit!

Here it is: Since the church is one body collectively, then what you do as an individual is not an isolated action that impacts self only, but it impacts the sanctity of the whole. Our personal sins are not just harmful to ourselves but are harmful to the entire church.

As a part of the body of Christ, you play a role in our overall health and well-being.

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Now friends, this idea that collectively we are the temple of the Holy Spirit presents us with an awesome opportunity.

Here it is:

We are one.

We are a community.

We are an assembly.

We are the church.

We are the body of Christ.

And that has significant implications.

When one part of the body is hurting, the entire body is hurting.

When one part of the body is suffering, the entire body is suffering.

When one part of the body is struggling, the entire body is struggling.

And here is the awesome opportunity that is presented to us.

Since we are one body,

Then if one person is struggling with drunkenness for example, it should not be a struggle that they have to go through alone because what happens to one impacts us all so for the sake of our collective health and well-being it may not be you who are struggling with alcoholism, but if it is your brother or sister, you should help them so that collectively we can be a healthy and well body.

Let me stay right there and push further.

If one of us is struggling with sexual sin as Paul mentions here in chapter 6, since we are one body, we who are spiritual should be in

the work of restoring rather than endorsing! Restoring rather than condemning!

If one of us is struggling with some type of addiction or any other sin, since we are one body, we must be in the work of praying and building up rather than slandering and tearing down!

Since we are the body of Christ, and since our individual lives are intertwined together and impact our collective holiness, then we must be each other's accountability partners!

Do you not know that we are the temple of the Holy Spirit?

We are the temple of the Holy Spirit. What an awesome privilege it is to be the temple of the Holy Spirit. This privilege is not something we earned, but it is a gift from God. We are not our own, but we have been bought with a price, and that price is the precious blood of Christ. In light of this, the word for us is clear, and found right in the latter part of verse 20: "So glorify God in your body."

### QUOTES BY STEPHEN HERROD

"Your individual stewardship of your body contributes to the overall stewardship that we share as the body of Christ, temple of the Holy Spirit."

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