

**Rooted: Honoring God with Your Body!**  
**Rooted in Christ, Pt.3**  
**1 Corinthians 6:19–20, Romans 12:1**  
Sunday, September 21, 2025

**Colossians 2:6**, So then, just as you received Christ Jesus as Lord, continue to live your lives in him, **7** rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

**1 Corinthians 6:19**, Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; **20** you were bought at a price. Therefore honor God with your bodies.

**Romans 12:1**, Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. **2** Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

**Genesis 2:15**, The LORD God took the man and put him in the Garden of Eden to work it and take care of it. **16** And the LORD God commanded the man, "You are free to eat from any tree in the garden;"

**How Can We Honor God with Our Bodies?**

**1. By Treating Your Body Like a Temple — PURITY**

**1 Corinthians 6:19**, Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?

**1 Corinthians 3:16**, Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst?

**Proverbs 3:7**, Do not be wise in your own eyes; fear the LORD and shun evil. **8** This will bring health to your body and nourishment to your bones.

**2. By Offering Your Body as a Living Sacrifice — SERVICE**

**Romans 12:1**, Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

**Matthew 20:28**, "just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."

**1 Peter 4:10**, Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.

**3. By Staying as Healthy as Possible — EXERCISE**

**3 John 1:2**, Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

**1 Timothy 4:8**, For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

**1 Corinthians 9:26**, Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. **27** No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

**1 Corinthians 10:31**, So whether you eat or drink or whatever you do, do it all for the glory of God.

**4. By Preparing for Eternity — HEAVEN**

**2 Corinthians 5:4**, *For while we are in this tent, we groan and are burdened, because we do not wish to be unclothed but to be clothed instead with our heavenly dwelling, so that what is mortal may be swallowed up by life.*

**John 11:25**, *Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; 26 and whoever lives by believing in me will never die. Do you believe this?"*