

V. HONOR GOD WITH YOUR BODY

⁹ *"Therefore, we make it our aim, whether present or absent, to be well pleasing to Him."* II Corinthians 5:9

Four Keys To Honoring God With Your Body:

- Dedication: Honoring God With Your Body
¹⁶ *"... All things were created through Him and for Him."* Colossians 1:16b
- Inspiration: Motivating Yourself For Change
¹⁰ *"The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly."* John 10:10
- Eat & Exercise: Managing Your Habits
³¹ *"Therefore, whether you eat or drink, or whatever you do, do all to the glory of God."* I Corinthians 10:31
¹⁵ *"Then the LORD God took the man and put him in the garden of Eden to tend and keep it."* Genesis 2:15
- Team: Building Your Circle Of Support
⁹ *"Two are better than one, because they have a good reward for their labor."*
¹⁰ *"For if they fall, one will lift up his companion. But woe to him who is alone when he falls, for he has no one to help him up."* Ecclesiastes 4:9-10

VI. PREPARE FOR JUDGEMENT

¹⁰ *"For we must all appear before the judgment seat of Christ, that each one may receive the things done in the body, according to what he has done, whether good or bad."* II Corinthians 5:10

You will give an account to God for how you manage your body so glorify God in your body.
(I Corinthians 6:19-20)

DELAY THE DECAY

THE DASH: MAKING YOUR LIFE MATTER

Delay The Decay
Pastor Steve Reynolds

Introduction:

A. Happy New Year! It's a great time to evaluate your life and determine how you can make the most of your life. Our teaching series called The Dash will be helpful in leading you to a life of greater purpose and meaning.

Your tombstone will have two dates separated by a simple line: THE DASH. The first date will be your birth date and the second date will be your death date. But what really matters is the dash in between.

Your dash represents your story. The goal is to live a life of eternal significance rather than chasing temporary worldly success. To do this it's important to live with the end in mind.

¹³ *"each one's work will become clear; for the Day will declare it, because it will be revealed by fire; and the fire will test each one's work, of what sort it is."*

¹⁴ *"If anyone's work which he has built on it endures, he will receive a reward."* I Corinthians 3:13-14

B. The Dash Teaching Series will encourage you to look closely at your life and examine how you are living your dash. And this series will reveal how to intentionally live your dash focusing on things that matter and last.

TODAY	Delay The Decay
Jan 18	Take God To Work
Jan 25	Remember No U-Haul Behind A Hearse
Feb 1	Go All In For The Next Generation
Feb 8	Unwrap Your Gifts
Feb 15	Reach One More For Jesus

TEXT: II Corinthians 4:15-5:10

Physical decay is part of life. But adopting a Bod4God lifestyle will more than likely extend your life. And the longer you live the more impact you can make with your dash.

HOW TO DELAY THE DECAY

I. RENEW THE INNER MAN

¹⁶ *"Therefore, we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day."*
II Corinthians 4:16

The "outward man" is the physical aspect of a person. The "inward man" by contrast is the spiritual aspect of a person.

You renew the inner man by practicing spiritual disciplines like Bible study, prayer, church attendance, giving, etc.

⁸ *"For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come."*
I Timothy 4:8

II. KNOW DECAY IS INEVITABLE

¹⁷ *"For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory,*

¹⁸ *while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal."*

¹ *"For we know that if our earthly house, this tent, is destroyed, we have a building from God, a house not made with hands, eternal in the heavens."*

II Corinthians 4:17-18, 5:1

Your earthly body is like a "tent", it is temporary and not made to last forever.

⁷ *"But we have this treasure in earthen vessels, that the excellence of the power may be of God and not of us."*
II Corinthians 4:7

III. EXPECT TO SUFFER

² *For in this we groan, earnestly desiring to be clothed with our habitation which is from heaven,*

³ *if indeed, having been clothed, we shall not be found naked.*

⁴ *For we who are in this tent groan, being burdened, not because we want to be unclothed, but further clothed, that mortality may be swallowed up by life."*

II Corinthians 5:2-4

Pain in your earthly body is a consequence of the fall of man into sin.

²² *"For we know that the whole creation groans and labors with birth pangs together until now.*

²³ *Not only that, but we also who have the firstfruits of the Spirit, even we ourselves groan within ourselves, eagerly waiting for the adoption the redemption of our body."*

Romans 8:22-23

IV. HOPE FOR THE FUTURE

⁵ *"Now He who has prepared us for this very thing is God, who also has given us the Spirit as a guarantee.*

⁶ *So we are always confident, knowing that while we are at home in the body we are absent from the Lord.*

⁷ *For we walk by faith, not by sight.*

⁸ *We are confident, yes, well pleased rather to be absent from the body and to be present with the Lord."*

II Corinthians 5:5-8

Christians will receive a new, perfect and eternal body in heaven.

⁴ *"And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away."*

Revelation 21:4