

The Lenten Covenant

Offering God A Body That's Fit

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Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body.

I Corinthians 6:19



Therefore, I urge you, brothers, and sisters, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.

Romans 12:1



Your body is important!



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**When God made you;
he did so with divine
intentionality.**



As humans, we are the most complex organism on the planet, with billions of microscopic parts, each with their own identity working together in an organized manner for the benefit of the total body.



**When we were born again, our
bodies took on a whole new level
of character and importance.**



When we were saved, the Holy Spirit of God came to take up residence in each of us turning our bodies into more than the physical casing to house our minds, souls and spirits.



**Our bodies became the
Temple, the dwelling place
of God.**



**In eastern cultures, the temple
is a sacred space, a highly
respected and valued place.**



**When we think of our bodies
as the temple of the living God,
we also understand that they
don't belong to us.**



**God designed our bodies
and wants to use them to
represent him and carry out his
work in the world.**



**We must treasure our bodies
and stop trashing them.**



Obesity is a major health issue with 70 million Americans being overweight or obese, resulting in numerous diseases.



Among African American adults, nearly 48% are obese (*including 37.1% men and 56.6% women*) compared to 32% of whites (*including 32.4% of white men and 32.8% of white women*).



Being overweight and obese puts people at higher risk for developing severe health challenges.



**Our bodies are important to
God and He has a plan for it.
But we must be physically fit
to carry out his plan.**



**We dare not abuse it and misuse it,
trashing it and treating it like
it is ordinary when it is of
inestimable value.**



**Offer our bodies as living sacrifices,
holy and acceptable to Him, which
is our spiritual act of worship or as
the KJV says, your reasonable service.**

Romans 12:1



It is your reasonable service.



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When Paul talks about offering our bodies as living sacrifices, he is referring to what the priests did as they worshipped God in the Temple. They ministered to God before they ministered to others by offering sacrifices.



**The word offer in the Greek
indicates a once-for-all
presentation.**



**We used to offer the parts of our bodies
in slavery to impurity and to every increasing
wickedness, so now let us offer them in
slavery to righteousness leading to holiness
and may I add health.**

Romans 6:19



Offering our bodies as living sacrifices is also equated with spiritual worship.



**The word “worship” here in
the Greek originally meant
“to work for hire or pay.”**



**This word also means to serve,
and it means to dedicate
one's whole life or body to serve.**



**To give God your body is your
spiritual act of worship, voluntarily,
deliberately, intentionally once
and for all.**



**If you begin each day by surrendering
your body to Christ, it will make
a great deal of difference in what
you do with your body during the day.**

Warren Wiersbe



Being fit is weighing what is appropriate for your age and height, determined by a chart that considers what the medical community calls your BMI --“Body Mass Index”.



Being fit positions you to live the life that God has destined you to live and that Satan keeps trying to steal from us one meal at a time.



**Living “fit” takes work.
It takes determination, discipline
and devotion.**



**Being fit is about developing a
healthy lifestyle.**



**Your body functions best with
exercise, a balanced diet and rest!**

You must find time to exercise!



**You must strive to eat a
balanced diet!**

You must make time to rest!



**1. Keep the right perspective on food
and use it for its intended purpose.**



2. Develop a plan to eat right!



One of the most addictive substances I know is sugar. Sugar that is added sugar or artificial sugar, not natural sugar is bad for you.



3. Censor



4. Control



**5. Don't condemn yourself
when you fall off the wagon.**



6. Develop a regular exercise program.



7. Reward yourself.



**The race is not given to the
swift nor to the strong, but to he
or she that endures to the end.**

Ecclesiastes 9:11



**Do not grow weary in doing good
for at the proper time, you will
reap a harvest if you faint not.**

Galatians 6:9



Genesis 1:31-2:3



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The Hebrew word for “complete” is Kalah and it literally means to complete, to finish, to bring a process to completion or an end.



In six days, God brought the process of creating the world and all that is in it to an end. It was complete, it was finished and so he rested.



The word Sabbath is the Hebrew word which means “intermission, the day of rest, the Holy seventh day.



Exodus 20:8



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In the Bible the word “rest” is the Hebrew verb “sabbath” and it means “to repose, to desist from exertion, to cease, to come to an end.”



Discussion Question:

Why is it so hard for some of us to go somewhere to sit down and be still?



Isaiah 40:28



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The Sabbath talks about balance.



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Work, activity, rest.



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Exodus 6:21-30



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**As Christians, we, too, have entered
into covenant relationship with God
through the blood of Jesus.**



Discussion Question:

1. Is your body currently fit for God's service? Why or why not?
2. If you are not healthy, what is the primary reason? What excuse have you been using? What are you going to do about it?
3. If you keep the terms of the Covenant during Lent, what will you need to do to go beyond this period to keep it and be healthy?





Lenten Observance

COVENANT

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