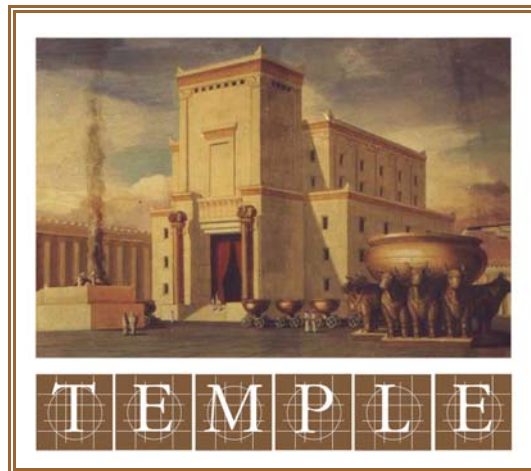


# *the Boss of me*

## *Study Six A Boss "Bod"*



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# the Boss of me

## Study Six A Boss "Bod"

### Introduction & Review

**We have been studying** for the past few weeks about a mindset built upon the proper understanding of Christ's rightful POSITION over His creation. As Creator, and as Savior, He not only is the owner of me, He is the BOSS of me. And therefore, I do not own the things that are in my life, I am simply performing as the MANAGER of the things that God has entrusted to me. And until I see myself as a MANAGER and stop acting as the boss of me, I will not experience the fulfillment, the blessing, and the protection in my life that Christ offers to the believer who is living out Christ's teaching on this subject of stewardship.

**IN PREVIOUS** weeks we have looked at several of the Boss' assets that He permits us to manage.

**The first asset** the Boss let's us manage is the **RELATIONSHIPS** we are a part of throughout our lives. We concluded from Scripture that our relationship with God and our relationships with people are INSEPERABLY LINKED. I can not seek closeness with God while harboring animosity toward others. I can not seek forgiveness with God if I am unwilling to extend it to others. Our horizontal and vertical relationships are connected and directly impact and influence each other.



**The second asset** that the Boss let's us manage is the **TIME** each one of us has been given to manage. We learned from several passages that Christians must remember we've been given a **FIXED AMOUNT** of time for the **PURPOSE** of **GROWING** God's eternal Kingdom. Christians must spend God's time carefully in order to maximize its eternal effect for His Kingdom.

**A third asset** that the Boss let's us manage is His **MONEY**. The focus of the study regarding money was on preventing Christians from having a **SELFISH IMBALANCE** in the way they spend God's money. We learned that beyond financially supporting their local church ministry, Christians can prevent a selfish **IMBALANCE** when spending God's money if they **WATCH** for opportunities to spend personal money -- on someone **ELSE**.

**A fourth asset** that the Boss let's us manage is His **REPUTATION**. We attempted to solve the dilemma believers face of how to maintain a good **REPUTATION** for Christ without becoming **FAKE** like hypocrites. We found that the Bible teaches that if Christians will seek to **TRUST** God amid all circumstances *and* truly seek and offer **FORGIVENESS** with others, then our **IMAGE** will genuinely represent Christ and prevent hypocrisy.

**THIS WEEK** we are going to talk about an asset that the Boss let's us manage that is tangible and that can reveal to the world how well we are managing this asset. Today, we will discuss the Boss' **BODY** that is on loan to us. This is the final study in this series and we can have a little fun with this one if we, together, as a class, look at the Scripture passages and principles and then come up with the "big idea" together as a class. You'll notice on your handout the "big idea" box is empty, and that's our assignment today. *To help us figure out the big idea for our lesson as we look at various passages, we will look to answer the following question:*



## Question

Despite genetic “flaws” and the curse of the fallen creation that is on all people, what key mindset does God want His children to have while managing the body they’ve been loaned?

**Transition** This obviously will not be an exhaustive study on the proper stewardship of the human body. But like previous studies, we should be able to come up with a mindset to approach our topic with. To start off with, let’s look at a verse that offers a fairly universal principle that applies to our bodies as much as anything else in the Christian life. Turn to **Galatians 6**.

## Passage

### Galatians 6:7

Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.

1. What principle can we apply to our bodies regarding “reaping and sowing”? The principle of “CAUSE and EFFECT” applies to our physical bodies. The things we do to and with our bodies impacts how they will perform and can influence how long they will last.

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### 1 Timothy 4:8

For bodily exercise profiteth little [*somewhat*]: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

2. Does the Bible teach there is any profit to physical exercise? Yes, there is absolutely some benefit to PHYSICAL EXERCISE; but it must be kept in a balanced perspective considering spiritual and eternal matters.



## Proverbs 23:1-2

When thou sittest to eat with a ruler, consider diligently what is before thee: And put a knife to thy throat, if thou be a man given to appetite.

3. What does this verse from Proverbs teach about eating? **Beyond having good manners around royalty, DON'T be an OVEREATER.**
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## Proverbs 23:20-21

Be not among winebibbers; among riotous eaters of flesh: For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe a man with rags.

## Ephesians 5:18

And be not drunk with wine, wherein is excess; but be filled with the Spirit;

4. What principles can we learn from the Proverbs and Ephesians passages regarding the consumption of alcohol? **Christians should AVOID putting their bodies under the INFLUENCE of ALCOHOL as well as the people who indulge in such lifestyles. They should instead seek to be "under the influence" of the HOLY SPIRIT.**
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## 1 Corinthians 9:25

And every man that striveth for the mastery is temperate [*self controlled or disciplined*] in all things. Now they do it to obtain a corruptible [*temporary*] crown; but we an incorruptible [*eterna*].

5. Paul illustrates spiritual disciplines by comparing them to an athlete's physical disciplines. What does temperance, self control, or discipline have to do with how we operate our bodies? **Paul encourages Christians to exercise MODERATION in their spiritual life in the same way that a properly managed body is governed.**
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## 1 Corinthians 3:16

Know ye not that ye are the temple of God, and *that* the Spirit of God dwelleth in you?

6. What does 1 Corinthians 3:16 teach us about our bodies? **They are the DWELLING PLACE of the Holy Spirit.**

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### Summary of Passages

Christians must understand that their **BODIES** are an actual **DWELLING PLACE** of the Holy Spirit and He should be allowed to be the Master of His house. The Bible also offers specific instructions regarding what we put **INTO** our bodies as well as how we **USE** them.

**Transition** In order to come up with an answer to our question earlier of what **KEY MINDSET** God wants His children to have while managing their body, it might help us if we review the topics of the passages we just looked at.

### Application

From the **Galatians** passage we saw that our bodies were under the principle of **CAUSE and EFFECT**. All activities done with our bodies or to our bodies will have some sort of result.

We saw from **1 Timothy** that **PHYSICAL EXERCISE** *does* offer some benefit to these physical bodies.

One of the **Proverbs** we looked at cautioned believers against **OVEREATING**. (This is starting to sound like a TV commercial promoting a *healthy diet and exercise!*)

Another **Proverb** and an **Ephesians** passage challenged us to avoid being under the **INFLUENCE of ALCOHOL** and (assuming other chemicals) to be completely under the influence of the Holy Spirit.



And then the **1 Corinthians** passage explained why: the Christian's body is a **DWELLING PLACE** of the **HOLY SPIRIT**.

So from these passages, despite genetic "flaws" and the curse of the fallen creation that is on all people, what do **you** think the key mindset is that God wants His children to have while managing their body for Him?

***One possible key mindset is this:***

While some things are completely out of our control, we do have the responsibility to care for, respect, and preserve these bodies for the simple reason that they are the dwelling place of the Holy Spirit as much as the temple was the place of God's presence in Old Testament times.

Or

***Another possible key mindset is this:***

Because God is working out His purpose and plan for creation through us, we should try to get the most "mileage" out of our bodies as possible.

Or

***Another possible key mindset is this:***



## *Discussion Questions*

- Do you think Old Testament believers had or New Testament believers had/have more pressure to manage their bodies properly before God? Why? Probably NT believers because the Holy Spirit did not permanently indwell believers in OT times; in fact He would actually withdraw Himself from wayward believers in OT times.
- In your opinion, do most Christians see themselves as “temples” of the Holy Spirit? They probably forget more times than they remember that He is always with them. Why do you think this? Christians’ inconsistent behaviors show their inconsistent awareness of the Holy Spirit’s constant presence in their bodies.
- How can consistently pursuing a close relationship with God be a key to remembering we are carrying around the Holy Spirit in us as we live our lives? Doing what is necessary to be close to God involves frequent Bible reading and prayer and brings God and His continuous presence to the forefront of our thoughts. This is central to understanding what abiding in Christ (John 15) is about.
- What is a Christian to do about things they have no control over regarding their physical bodies, i.e. genetic flaws, illnesses contracted, accidental injuries etc.? Christians must not blame themselves for things that are truly outside the realm of their control. And if they find themselves under attack from the devil accusing them of being responsible for things outside of their control, or of harboring bitterness and blame, they must give those negative, untruthful thoughts over to God (as often as necessary) so that their own faith in Him is not impaired.

**Transition** Okay, so how can we have a “Boss Bod” in 2008?



## Call to Action

Here are some evaluation questions regarding the management of our bodies. *Is the Boss happy with how I'm managing His body?*

1. Do my current choices reflect an awareness of the "cause and effects" that activities I experience have on my long term physical health? **Yes.** **No.** (*What needs to change? When will I start?*)
2. At the risk of sounding too cliché, am I practicing a lifestyle that is balanced with proper *diet* and *exercise*? **Yes.** **No.**
3. Am I being careful to avoid things that are toxic to my body or that cause unhealthy addictions and subsequent sinful behavior? **Yes.** **No.**
4. Am I currently pursuing closeness with God and managing my relationships with others with genuine forgiveness and love in order to "abide in Christ", and maintain a frequent awareness of the Holy Spirit's constant presence in my life? **Yes.** **No.**
5. What specific area(s) of my "body management" should be adjusted for better communion with God's Spirit living in me?

### *Renewing Our Minds with Scripture Memory*

Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?

*1 Corinthians 3:16*

the  
**Boss**  
of me

