



**Series:** **On the Table**

**Title:** Does God care what I do with my body? Fitness, tattoos, plastic surgery—all the things

**Speaker:** Christine Caine | Teaching Pastor

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For it was you who created my inward parts; you knit me together in my mother's womb. I will praise you because I have been remarkably and wondrously made. Your works are wondrous, and I know this very well. (Psalm 139:13-14)

Don't you know that your body is a temple of the Holy Spirit who is in you, whom you have from God? You are not your own, for you were bought at a price. So glorify God with your body. (1 Corinthians 6:19-20)

Therefore, brothers and sisters, in view of the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship. (Romans 12:1)

And if the Spirit of him who raised Jesus from the dead lives in you, then he who raised Christ from the dead will also bring your mortal bodies to life through his Spirit who lives in you. (Romans 8:11)

Charm is deceptive and beauty is fleeting, but a woman who fears the LORD will be praised. (Proverbs 31:30)

Don't let your beauty consist of outward things like elaborate hairstyles and wearing gold jewelry or fine clothes, but rather what is inside the heart—the imperishable quality of a gentle and quiet spirit, which is of great worth in God's sight. (1 Peter 3:3-4)

Whatever you believe about these things, keep between yourself and God. Blessed is the one who does not condemn himself by what he approves. (Romans 14:22)

But the LORD said to Samuel, "Do not look at his appearance or his stature because I have rejected him. Humans do not see what the LORD sees, for humans see what is visible, but the LORD sees the heart." (1 Samuel 16:7)

So Jesse sent for him. He had beautiful eyes and a healthy, handsome appearance... (1 Samuel 16:12)

Leah had tender eyes, but Rachel was shapely and beautiful. (Genesis 29:17)

No man in all Israel was as handsome and highly praised as Absalom. From the sole of his foot to the top of his head, he did not have a single flaw. (2 Samuel 14:25)

The man's name was Nabal, and his wife's name, Abigail. The woman was intelligent and beautiful, but the man, a Calebite, was harsh and evil in his dealings. (1 Samuel 25:3)

He left all that he owned under Joseph's authority; he did not concern himself with anything except the food he ate. Now Joseph was well-built and handsome. (Genesis 39:6)

For the training of the body has limited benefit, but godliness is beneficial in every way, since it holds promise for the present life and also for the life to come. (1 Timothy 4:8)

You are not to make gashes on your bodies for the dead or put tattoo marks on yourselves; I am the LORD. (Leviticus 19:28)

...So I put the ring on her nose and the bracelets on her wrists. (Genesis 24:47)

I put a ring in your nose, earrings on your ears, and a beautiful crown on your head. (Ezekiel 16:12)

So, whether you eat or drink, or whatever you do, do everything for the glory of God. (1 Corinthians 10:31)

*Reflection Question:*

Why does the way we treat our physical body matter? How has your view of your body impacted your faith?

Scripture is the CSB unless noted.