

MADE LIKE HIM

Part 2 - The Body

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Home for the spirit and soul

1. The body of a man is merely a dwelling place or shell for the spirit and soul of a man.
2. God created the body from the earth so that his creature could have a dwelling place. After God created the shell or body, he placed the living soul into it. **Gen. 2:7 And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.**
3. Mans existence depends on the condition of his body. Man can only dwell on earth as long as he has a body to live in. After his body dies, he must leave. **Heb. 9:27 And as it is appointed unto men once to die, but after this the judgment:** Spirits that are on earth are not human spirits, but are spirits of the Nephilim left here after the flood. These are what we know as demons and are abominations to God. **Luke 11:24 When the unclean spirit is gone out of a man, he walketh through dry places, seeking rest; and finding none, he saith, I will return unto my house whence I came out.**

Battle for the mind

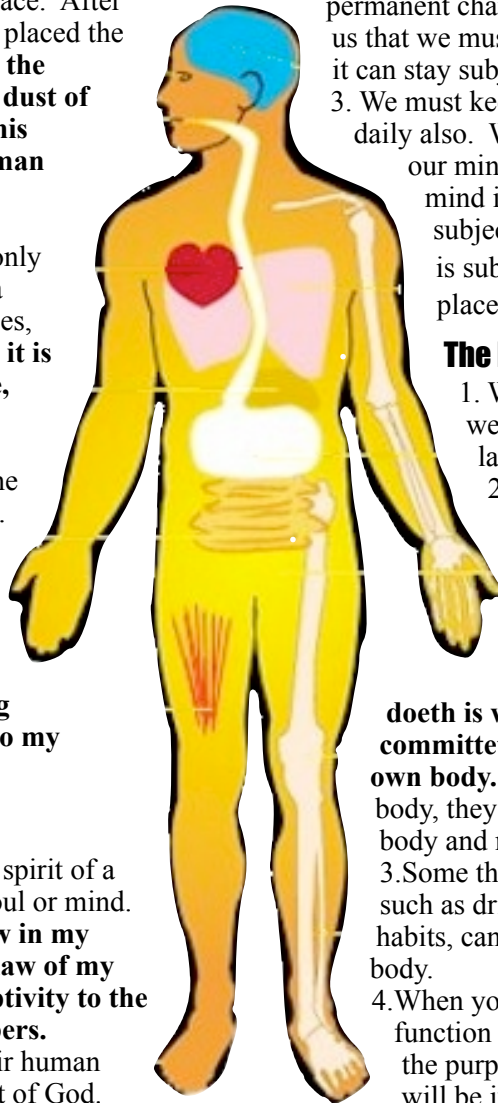
1. The flesh of a man wars with the spirit of a saved man for control over the soul or mind. **Rom. 7:23 But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members.** When a person is born again, their human spirit becomes one with the Spirit of God. **1Co 6:17** This causes a war in the mind of a man.
2. Because the flesh is carnal, it seeks to use the body to please itself. When we are saved, we must bring our body under the subjection of our newly

transformed spirit. Even though our mind cannot be transformed, our thoughts and desires can be renewed or changed. **Rom. 12:2 And be not conformed to this world: but be ye transformed by the renewing of your mind,** But this is not a permanent change. The *ing* in the scripture tells us that we must keep renewing our minds so that it can stay subject to the spirit.

3. We must keep our bodies under subjection daily also. When our spirit is transformed then our mind must be renewed. When our mind is renewed, it is brought under subjection of our spirit. When our mind is subject of the spirit, our bodies can be placed under subjection.

The human spirit

1. We only get one body on earth and we must take care of it so that it can last it's appointed time.
2. When we misuse or mistreat our bodies, then we shorten the time that our bodies will last. That is why sexual sins are spoken of in the word as more deadly than other sins. **1Cor. 6:18 Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body.** Because these sins are against the body, they cause permanent damage to the body and may lead to early death.
3. Some things we partake in for pleasure, such as drinking, smoking, or bad eating habits, can cause serious damage to your body.
4. When your body dies, you can no longer function on earth and you may not complete the purpose that God created you for. This will be judged at the judgment seat of Christ. **2Cor. 5:10 For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad.**





Greedy Belly

1. In the church, we are quick to denounce sexual sins, but slow to discipline our diets. This is one of the greatest inconsistencies in the body of Christ today. **John 7:24 Judge not according to the appearance, but judge righteous judgment.**
2. When a person is pregnant out of wedlock or caught in adultery, people have much to say. When it's cigarettes, drugs, or drunkenness, the gossip canals fill up. But when it's time to eat, the gloves are off and we pig out. **Prov. 23:20 Be not among winebibbers; among riotous eaters of flesh:**
3. We do not count calories, fat content, etc, we just eat to feel good. This is the sin of greed and gluttony. When we expose our body to harmful chemicals from bad diets, we are doing the same thing as committing sexual sin because we are putting our body in danger for the sake of pleasure. **Proverbs 23:21 For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe a man with rags.**
4. The body rewards fatty, salty, sugary foods by releasing endogenous opioids, which help control pain. A study published in Nature Neuroscience suggested that [high-fat, high-calorie foods affect the brain in much the same way as cocaine and heroin](#). When rats consume these foods in great enough quantities, it leads to compulsive eating habits that resemble drug addiction, the study found.
5. So when people are down, depressed, or in bad decision cycles, they eat to feel better. And the FDA has allowed so many dangerous foods to be laced with pleasure additives, that its easy to have a fatal addiction to legal foods right in your local grocery store.

6. Being health conscious is being sin conscious. And overeating is as destructive to the body as sexual sin because we have only 1 body and we can cut it's time short by not taking our lives and time on the earth seriously. God hates sin, and in his book, greed and gluttony is to be avoided like fornication and adultery.
7. Physical appetites are an analogy of our ability to control ourselves. If we are unable to control our eating habits, we are probably also unable to control other habits. The ability to say "no" to anything in excess—self-control—is one of the fruits of the Spirit given by God to believers. **Gal. 5:22**

Summary - We must care for our bodies and treat them with respect. When we choose to sin against our body, we are shortening our time on earth and we may not be pleasing to God. In the old testament when sacrifices were offered to God, the priest made sure that the animal was clean and healthy. Only clean and healthy animals were worthy to be sacrificed to such a Holy God. Since the word tells us to present our bodies to God, doesn't he still deserve us to be an acceptable sacrifice?

Ro 12:1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service.

- Numerous studies have shown that an overactive stress response is associated with overeating, changes in blood chemistry and hormones, and, in particular, a decrease in the amino acid tryptophan. Why is this important? This amino acid is a necessary building block in the mood-regulating neurotransmitter called serotonin.
- Low levels of serotonin are linked to depression (or simply a depressed mood), insomnia, anxiety, anger, and continued binging on sugary, fatty foods. Low serotonin levels are also associated with overeating, even bingeing, on carbohydrates because of its role in making tryptophan usable in the body as serotonin. All of which can then lead to energy loss and weight gain, especially the most unhealthy kind of all around the midlines and waistlines.
- Like a drug addict looking for our next hit, we want this serotonin when we attack the kitchen seeking sugary, nutrient-poor carbohydrates. Our brains release a short burst of serotonin when we eat simple sugars and carbohydrates; we feel good for a moment, but soon return to our low-serotonin state, and crash and burn. That's when we crave more sugar and simple carbohydrates in hopes of feeling that little high again... and the downward spiral continues. -Dr. Ashley Koff