

Lesson 5: A Submitted Body

Turn to I Corinthians 9:27 and read aloud

As well as a submitted spirit, our body must also be submitted to Christ. We must bring our bodies into subjection to Christ by discipline. When you choose to give your life to God, your body is no longer your own for you have been purchased by His blood (**I Cor. 6:19-20**). You have become a living sacrifice (**Rom. 12:1-2**). When the goal of discipline is discipline, one falls into legalism. When one refrains from disciplining the body, this leads to lawlessness. When the goal of discipline is to prepare the body for God to rule over and fill with Himself, this is godly discipline. We are called to be above reproach and make no provision for our flesh to fulfill its lusts (**Rom. 13:14**). Godly discipline is a crucial part of seeking Christ and sowing to the Holy Spirit. When we sow to the Spirit, we will reap life (**Gal. 6:8**).

- Submit your mind
 - Give your thought life to God (**Phil. 4:6-8**)
 - Meditate on the word of God (**Psalms 1:2, Psalm 119:148**)
 - Be alert and aware (**Mark 14:38, Heb. 2:1**)
- Submit your tongue
 - Life and death are in the tongue (**Prov. 18:20-21**)
 - Tongue is a rudder (**James 3:1-12**)
 - Self glorifying words (**Prov. 15:2, 18:2, 29:20**)
 - Trying to sound spiritual or wise (**I Cor. 1:17**)
 - Be careful of why you want to say something (**Prov. 30:32**)
 - Excessive talking (**Prov. 10:19**)
 - Idle words (**Matt. 12:34-37**)
 - Gossip (**I Cor. 13:6, Gal. 5:14-15, Prov. 16:28, Prov. 20:19**)
 - Your words should be necessary and profitable (**I Cor. 10:23-24**)
 - Speak a gracious word in season (**Eph. 4:29**)
 - Be swift to hear and slow to speak (**James 1:19**)
 - Honor and reverence toward authorities in speech (**I Pet. 3:1-2**)
- Submit your eyes
 - The lamp of the body (**Matt. 6:22**)
 - Window for lust (**Matt. 5:29**)
 - Window for coveting (**I John 2:16**)
- Submit your hair
 - Keep it short and in order if you are a man, let it be a glory to you if you are a woman (**I Cor. 11:14**)
- Submit your hands
 - Lust (**Matt. 5:30**)
 - Idleness (**Ecc. 10:18**)
 - Be a hard worker (**Gen. 2:15, I Thess. 4:11-12**)
- Submit your feet
 - Godly counsel (**Psalms 1:1**)
 - The will and path of God (**Deut. 11:22**)

- Jesus footsteps (**Luke 9:23**)
- For direction (**Psalm 119:133, Psalm 37:23, Prov. 16:9**)
- Submit your mouth and stomach
 - Therefore, whether you eat or drink, or whatever you do, do all to the glory of God” (**I Cor. 10:31**).
 - Do not be a glutton; anorexia is a sin as well (**Prov. 28:7**)
 - Food is meant for nourishment; good flavor is an added benefit
- Submit your whole body in exercise (**I Cor. 9:27, Prov. 15:19**)
- Submit your possessions and all that is under your stewardship
 - Place what God gives you back on the altar to Him (**I Sam. 1:11**)
 - He can only prosper what is His (**Psalm 1**)
 - Examples
 - House items & property
 - Car
 - Career
 - Money
 - Status
 - Recreation
 - Time
 - Schedule
 - Sleep pattern
 - “Early to bed, early to rise!”
 - People typically need no more than 8 hours

God is concerned with your consistency and your faithfulness. Be consistent with the disciplines you begin to develop for His glory, and God will bless your efforts (**Luke 16:10**). Seek to live a quiet life, working diligently and consistently (**I Thess. 4:11-12**).