

**Handle with Care**  
**Part One – Our Health: Fit for Life**  
**January 4, 2026**  
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## **Understanding the Biblical Importance of the Body.**

An ancient false teaching still hanging around: Gnosticism

### **I. The Body, Mind, Spirit Connection.**

“Blessed is the one whose transgressions are forgiven, whose sins are covered. Blessed is the one whose sin the Lord does not count against them and in whose spirit is no deceit. When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, ‘I will confess my transgressions to the Lord.’ And you forgave the guilt of my sin.”

Psalm 32:1-5 (NIV)

### **II. Embrace Limits**

“In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.”

Psalm 127:2 (NIV)

### **III. Your Body is not Your Own**

“Don’t you know that you yourselves are God’s temple and that God’s Spirit dwells in your midst? If anyone destroys God’s temple, God will destroy that person; for God’s temple is sacred, and you together are that temple.”

1 Corinthians 3:16-17 (NIV)

“Do you not know that your bodies are temples 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 bodies.”

1 Corinthians 6:19-20 (NIV)

“And they sang a new song, saying: ‘You are worthy to take the scroll and to open its seals, because you were slain, and with your blood you purchased for God persons from every tribe and language and people and nation.’”

Revelation 5:9 (NIV)

“Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.”

1 Corinthians 9:26-27 (NIV)

### **IV. Guard Your Thoughts**

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

2 Corinthians 10:5 (NIV)