



GRACE
in the
MESS

*You Are
Not Your Own*

You Are Not Your Own

Why Your Body Matters More Than You Think

The Lie of Ownership

In the age of hyper-individualism, one phrase echoes louder than most: *“It’s my body. I can do what I want with it.”* It sounds liberating, even empowering. But beneath its confident exterior lies a dangerous illusion.

Scripture offers a radically different perspective. According to 1 Corinthians 6, if you’re a follower of Christ, your body no longer belongs to you. You didn’t create it. You can’t sustain it indefinitely. One day, it will return to dust. But until then, it’s not your possession — it’s your stewardship.

The Christian life reframes ownership into responsibility. Your body was designed by God, purchased by Christ, and now serves as a dwelling place of the Holy Spirit. That truth has implications. It means that what you do with your body matters — deeply.

The Corinthian Mirror

To understand this truth, we must visit Corinth — an ancient city drowning in conflicting philosophies. Gnostics believed the physical body was evil, unworthy of redemption. Epicureans worshipped pleasure, especially bodily pleasure, as the highest good. Stoics denied all bodily enjoyment in the pursuit of spiritual enlightenment.

Each belief treated the body as either irrelevant or as a god. And those ideas crept into the church. People began twisting the message of grace into permission: *“If salvation is by faith, then I can do anything.”*

The apostle Paul saw through this distortion. He reminded them: just because something is allowed doesn’t mean it’s beneficial. Worse — it might enslave you. Freedom without discernment always does.

The Power of “Permissible”

Paul addressed their slogan: “*Everything is permissible for me.*” But he added a warning: “*Not everything is beneficial.*” That’s the tension of grace. We’re not saved by works, but our works still matter.

Take alcohol, for example. Having a glass of wine isn’t inherently sinful. But if it leads you to addiction, violence, or neglect — if it begins to master you — then it ceases to be freedom.

The same applies to how we spend money, how we eat, how we use time. If it doesn’t build, it breaks. If it enslaves, it corrupts. Grace isn’t a license to drift — it’s an invitation to steward.

Redefining the Body

The Corinthians treated sex like any other appetite — no different than food or drink. But Paul corrected them. Not all urges are equal. Hunger sustains. Sex unites. It was never designed to be casual.

Sex is covenantal — a sacred bond that fuses soul, mind, and body. That’s why sexual sin is not just “physical.” It’s spiritual. It alters intimacy, identity, and often our ability to trust and connect.

This is why Paul said: “*Flee sexual immorality.*” He didn’t say *resist it* — he said *run from it*. Create distance. Guard your life from the edge.

The best way to avoid falling is not to stand near the cliff. That’s wisdom. That’s maturity. That’s holiness in action.

Sacred Space

Paul’s boldest statement may be this: “*Your body is a temple of the Holy Spirit.*” In the Old Testament, the temple was the most sacred

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place on earth — and within it, the Holy of Holies was where God's presence physically dwelt. Only the high priest could enter — and only once a year.

Now? That Holy Place is inside every believer.

You are the temple.

Which means every action, every interaction, every bodily choice either honors or dishonors the One who dwells in you.

You are not your own. You were bought at a price. And the price wasn't silver or gold — it was the blood of Christ.

What It Means to Glorify God with Your Body

We live in a world obsessed with bodies — sculpted, flaunted, commodified. But God sees something different. He doesn't just see shape or beauty. He sees purpose.

He sees a vessel.

He sees a sacred container through which His Spirit can work, move, and impact others.

So how do you glorify God with your body?

- You honor its purpose.
- You flee what corrupts it.
- You protect it from misuse.
- You invite God to shape its rhythms and habits.
- You offer it back — as a living sacrifice.

Because holiness is not only about avoiding sin — it's about embodying something greater.

Final Reflection: Stewardship Over Ownership

The invitation of the gospel is not merely to believe in Christ but to belong to Him.

And when you belong to someone — you trust their voice more than your own. You yield. You follow. You offer every part of yourself — mind, soul, and body.

Not out of fear. Not out of guilt.

But because love demands **nothing less**.

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