THE PURSUIT OF HOLINESS by Jerry Bridges

**Chapter Eleven– “Holiness in Body” -1 Corinthians 9:27**

**“but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified.” (1 Corinthians 9:27LSB)**

*“True holiness includes control over our physical bodies and appetites. If we are to pursue holiness we must recognize that our bodies are temples of the Holy Spirit and that we are to glorify God with them.” pg.85*

**H** ow sad it is that Christians in the Western World, are failing in the area of holiness of body.

**O** nce there was a time where gluttony and laziness, for example, were regarded as sin. pg.85

**L** aughter and joking has now replaced what used to be crying out in repentance for these sins.

**I** f left uncontrolled, we will find our bodies becoming “instruments of wickedness” rather than

**N** eedfully glorifying God with our bodies as “instruments of righteousness” (Rom.6) pg.85

**E** very one of us who are in Christ must daily yield our bodies completely to the Lord. (Rom.12)

**S**  adly, Christians today are choosing instead to pamper & yield their bodies up for love of self.

**S** cripture spells out for us very clearly God’s will for our lives: whether we eat or drink or whatever we do, we do ALL to the glory of God. You and I must remember that our body is not our own, it belongs to the Lord, is united with Christ and is where the Holy Spirit lives.

(1 Corinth. 3:16; 6:19-20; 10:31; Gal. 2:20)(pg.86-87)

**I** f we continue the habit of always giving in to the desire for food or drink we will find our flesh

**N** ot satisfied…making it more difficult to put to death other sinful deeds of the body. pg.87

**B** y having an attitude of diligent obedience in every area of sin, we can succeed in killing sin.

**O** ur flesh is weak and we must learn to ***say no*** to the body instead of giving in to its desires.

**D** eciding on a biblical plan to flee temptation and take positive steps to avoid sin is crucial.

**Y** ou and I tend to act according to our feelings. The trouble is, we seldom “feel” like doing what we should do…That is why we have to take control of our bodies and make them servants instead of our masters... ***There is no place for laziness and indulgence of the body in a disciplined pursuit of holiness.*** (pg.88-90)

“The apostle Paul emphasized the need to keep our natural appetites and desires under control. He spoke of his body as his adversary *(enemy or opponent)*,as the instrument through which appetites and lusts, if left unchecked *(not restrained)*, would war against his soul (1 Corinthians 9:27). He was determined that his body with these appetites would be his slave, not his master.” (pg.86)

Jerry Bridges concludes this chapter by saying, *“God expects us to assume our responsibilities for keeping the sinful desires of the body under control. It is true we cannot do this in our own strength. Our sinful desires, stimulated by all the temptations around us, are too strong for us. But though we cannot do it by ourselves, we can do it. As we set ourselves to the task in dependence upon the Holy Spirit, we will see Him at work in us…” (pg.90)*

Ladies, let’s continue together by God’s grace and fervent prayer, “put on the Lord Jesus Christ and make no opportunities for our flesh, to fulfill its lusts” (Rom. 13:14 revised) for the glory of His great name,

Christyn