

# DAY 31 BODY



## 1 Corinthians 6:19

*"Do you not know that your body is a temple of the Holy Spirit within you, which you have from God?"*

I grew up going to a Christian camp in Iowa. Like many camps, at the end of the week, we have a campfire moment. During this moment, we reflect on what we learned throughout the week, celebrated any victories, but most importantly, it became a moment of surrender. In the wake of the powerful life change we were hearing about, the decision to

surrender seemed so obvious. "Why wouldn't I trust God more than myself?" So we would take turns, talking about our lives and surrendering to God. Over the years, I learned a pattern. Once the high of the camp week wore off, and I was back with my friends in the real world, the surrender seemed to wear off too. It's taken me years, 37 years, to understand that surrender isn't something you ever see in your rearview mirror. In fact, it's something you must keep before you every day. With each new day, there is a new "yielding" that must occur. And specifically, that yielding starts with our word for today, body.

Most of us don't think about God when we look at our body. We have all the trappings of a world caught up in outward appearance and self-gratification. We too easily seek the desires of our bodies and spend too much time trying to dress our body up so that others view us a certain way. Today, I'm going to ask you to set that aside for a moment and consider what Paul is saying in this verse. "Do you not know that your body is a temple of the Holy Spirit within you, which you have from God?"

Our body, quite literally, is the way we interact with the world. We can't do anything without a body. We experience the world through our bodies. This is why Jesus made himself human and not an angel. And what this verse is saying is God dwells in your body. The same body that you spend so much time hating. The same body you've been living in your whole life. And He's asking you to surrender it to Him daily. It's easy to stay in thought-land when it comes to surrender. To say, "God, I will trust you." But what does your body do that shows you're trusting him? It's easy to say, "God, I will serve you." But what does your body do to show you're serving? Surrendering your body takes your faith from theory to practicality.

### **Daily Practice**

Lie on the floor facedown or faceup. Explicitly and intentionally surrender your body to God. Take time to go over each part of your body, offering everything to God.

The below reflections are written by congregants & staff of CPC. All reflections are following Trevor Hudson's book *Pauses for Lent* and are both heavily influenced and borrowed from his work. Any quotes without attribution should be credited to him.