

Will Power- Our Bodies

Don Williams- January 14, 2024

1 Thessalonians 5:23

"May God Himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. ²⁴ The One who calls you is faithful, and He will do it."

We have all the Holy Spirit....
does the Holy Spirit have all of us?

1 Samuel 16:7

"The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart."

1 Corinthians 6:19-20

"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; ²⁰ you were bought at a price. Therefore, honor God with your bodies."

What does God say about our bodies?

1) God dwells in your body

- Fire
- Water
- Wind

2) It is not your body

3) Your Body was given to you to honor God

1 Corinthians 6:20

"Therefore honor God with your bodies."

How do I honor God with my Body?

- In our obedience

1 Corinthians 6:18

"Flee from sexual immorality."

*Any time I submit to the WORD of God
I am submitting to the WILL of God.*

- In our worship

Romans 12:1

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship."

Romans 12:2

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

*When we allow His will....
to become our will...*

*then we will live life as He designed for us
to live.*

Ways to be a Temple Keeper

- 1) Hydrate more
- 2) Sleep more

www.sleepeducation.org

3) Move more

4) Eat less

Go to

www.pawleysisland.church/rightnowmedia

Sign up for a free account, then login and search for Daniel Plan.

Engaging Will Power **Surrender it daily**

Luke 9:23

"Then He said to them all: "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me."

Attend to it daily **Ask the Holy Spirit for Power** **Give yourself some grace**

NOTES
