

**Spiritual How-to's -  
How to Please the Lord -  
Give Him your body  
Debbie Chaney**

**Intro- In these video lessons we share brief, Bible basics on how you can please the Lord.**

This is our 11<sup>th</sup> in the series & I would encourage to take time to return to any you may have missed or might need a refresher on.

You can find them on my website & YouTube at [Underdebraspalm](http://Underdebraspalm.com)

**Today's installment encapsulates what it means to live a life that pleases the Lord**

**Today's topic – Give Him your body.** Our key verse is Romans 12:1-2 NLT

**I. Romans 12:1-2** is a paradigm for how to please God and respond to His grace.

**A. Give Him your body** – Our whole body belongs to God. Body, soul & spirit

1. Because of all He has done for us, we give ourselves a living, holy sacrifice
2. Not a dead one like OT sacrifices

**B. This living sacrifice** is the kind that He will find **acceptable**.

1. Cain and Abel offered sacrifices Genesis 4:3-7
2. Cain offered crops – his offering was not accepted
3. Abel offered flocks – his was accepted
4. Cain was angry & dejected
5. God said- “if you do what is right will you not be accepted?
  - a. sin is eager to control you
  - b. you must subdue & master it
6. Hebrews 11:4 tells us Abel had faith when he offered his flocks

**C. In similar fashion, Romans 12:2 says,**

1. Don't copy the behavior of the world (If you do what is right you will be accepted)
2. Let God transform you (you must subdue & master it)
3. Then you will learn to know God's will for you & what pleases Him
4. Our body offering is evidence of our doing right (righteousness)
5. We offer our body in faith and allow God to transform us
6. Then God approves & accepts our gift!

**II. Your Body**

**A. Your body is your physical,** actual, and concrete offering

1. Presented to God, dedicated to Him, used for Him
2. Your body is the whole enchilada - body, soul & spirit
3. Your 5 senses: sight, hearing, taste, smell, & touch
4. Alive, living, pulsating, cravings & desires

**B. The choices we make with our body**, our senses, are evidence of our devotion & faith and CAN BE pleasing to God

**C. These choices involve putting to death** everything that is earthly in us. Col. 3:5-17

**D. Our choices include crucifying desires** and practices that are not pleasing to God because He lives in us now. Gal. 2:20

And yet, He satisfies the longings of His lovers. Pro. 10:3

**E. When we chose to allow Jesus to increase in us** & our earthly pleasures to decrease, THIS pleases God. John 3:30

F. Consider –

a. gluttony, alcoholism, drugs, porn

b. the things we put into our body

c. all of our appetites -see, listen to, taste, touch, smell

d. do the choices we make with our appetites please God?

\* Share personal story if my “10 day self cleanse”

### **III. Romans 12:2 – Don’t copy the behavior of the world, BUT be transformed**

**A. Don’t be conformed** – pressed, fashioned, twisted together with

1. Every arena of influence today is seeking to have you, your mind and your body

2. But that does NOT please the Lord

**B. Be transformed** – change of place & condition, to fashion, be formed in you

1. Our fashioning comes from God & not the world

2. He works with our faith to “let Christ be formed in us”. Gal. 4:19

3. Our desires, appetites, & practices begin to change, as Christ is formed in us

**C. God changes our lives by changing our minds about things, issues and priorities.**

1. He transforms us into a new creature, one like Him

2. We begin to see things differently

a. example – me, movies

### **IV. What it looks like when Christ lives in my body**

**A. I am aware of my EYES** – what I watch, see, put in my view

**B. I am aware of my EARS** – what I listen to & allow

**C. I am aware of my NOSE** – what I discern, sense, my intuition tells me

**D. I am aware of my MOUTH** – what I speak, sing, feed on, eat, drink, & praise

**E. I am aware of my HANDS** – what I do & how I use my energies

**F. My choices with my body reflect my faith** & dedication to Him & His approval

**G. I learn God’s good, pleasing & perfect will** for me as I choose to please Him with my body

**V. Another wonderful the truth is –**

- A. As I walk in faith (like Abel) with a desire to please God, **my failures are covered by His mercies** Rom. 12:1
- B. But we each must walk in our own faith & **not fall prey to judging others.**  
Rom. 14:1-23
- C. **So, whether we are talking about** our weight, appetites, viewing practices, hobbies, recreational pleasures or private habits –ARE WE USING OUR BODY TO PLEASE GOD?

**Closing** – So, because of His mercy and all that He has done for us- we present ourselves, alive to Him daily. A living, breathing sacrifice – our body, with all of its appetites, senses, desires & energies.

In doing so, we are showing evidence of our faith in His transforming power & we are please the Lord and proving His good and perfect will for us!

**Verses for your study –**

- Rom. 6:13-20
- 1 Pet. 2:5
- 1 Pet. 1:14
- 1 John 1:15
- Tit. 3:5
- 2 Cor. 4:16
- Eph. 4:23
- Col. 3:10
- Eph. 5:10
- 1 Thes. 4:3