

Reflections on **RELATING** **TO GOD WITH OUR BODIES**

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Photocopy and share this page to help members of your congregation read Scripture passages and reflect on how we connect with God through our bodies. Use the page either for personal reflection or in small groups.

So David went and brought up the ark of God from the house of Obed-edom to the city of David with rejoicing; and when those who bore the ark of the LORD had gone six paces, he sacrificed an ox and a fatling. David danced before the LORD with all his might (2 Samuel 6:12–14).

David was a flawed individual, but he understood that he lived in relation to God in every way. In what ways can you use your body to show your joy for God?

Be gracious to me, O LORD, for I am in distress;

my eye wastes away from grief,
my soul and body also (Psalm 31:9).

The Psalms give us vivid pictures of our inseparable body-and-spirit need for God. In what ways does your body reach out for God during distressing times?

The Psalms tell us to lift our eyes to God (121:1–2), use our voices to cry to God (116:1), lift our hands (134:2), sing and make all kinds of music (147:7, 150:3–4). On one occasion when God’s people celebrated the action of God, the psalmist said, “Our mouths were filled with laughter, our tongues with songs of joy” (126:2).

Sensory, physical imagery runs rampant in the Psalms because God created the body and declared it good. Why do you think we sometimes hesitate to use our bodies to worship God?

We know that the whole creation has been groaning in labor pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies (Romans 8:22–23).

The apostle Paul takes great pains to explain that God redeems not just our souls, but all of creation—including our physical bodies. In what ways does this thought draw you closer to God?

Beloved, I pray that all may go well with you and that you may be in good health, just as it is well with your soul (3 John 2).

What does this verse tell us about the connection between good health in the body and good health in the soul?

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