

# Deliberately Touching Jesus

## Sunday, January 29, 2012

### Week 4 - Through Wholeness

#### New year

- God challenged me with an idea
- Came from story of this woman in Luke 8
- She was desperate
- **“Someone deliberately touched me.”**

#### Caused a whole bunch of questions

- What does it look like to deliberately touch Jesus?
- Why don't I try and deliberately touch Jesus more?
- Why do I wait until I am desperate to deliberately try and touch Jesus?

#### How do we deliberately touch Jesus in every area of our lives?

- Worship
  - **We glorify God by lifting up Jesus.**
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  - **Jesus is Lord and money is a tool.**
- Ryan & Mr. Brown
  - **Our purpose is to glorify God in everything.**

#### Wholeness

##### 1 Corinthians 6:19-20

***“Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.”***

Illustrate - Story of Amusement Park

#### ***T-Shirt Picture***

#### Confession

I'm very nervous about preaching this sermon!

- Worried - only reason I am preaching is lost weight.
- My losing weight actually began with a significant spiritual realization.
- Want to simply share with you some of the journey God has taken me on over these past 8 months
- Preaching for me is such a personal experience, I feel like I am always preaching from the place of what Jesus is teaching me
- I am only now (barely) ready to teach these truths.
- 8 months ago, I would have been a hypocrite teaching this
- Certainly haven't learned everything
- Not teaching as an expert
- One who is traveling the journey with God and with you.

#### Go back to T Shirt

- We laugh at that
- Pretty funny - if it wasn't so sad

#### How did the people of Israel treat the Temple?

- Utmost care and respect
- It was where the presence of God resided
- Now we live in the era of the Holy Spirit
- God resides in us.

Our world says that what we do to our bodies doesn't have anything to do with our spiritual lives.

- Just not true!
- How the people of Israel treated the temple was a matter of their worship

#### Take one step further

How did the people of Israel treat their bodies?

- Regulations about what they could and couldn't eat
  - All connected to their holiness

- Didn't even have our perspective of Holy Spirit living in them!

How they treated the temple and how they treated themselves impacted their relationship with God

Example of this

### **Daniel 1**

Context

- Exile
- Cream of the Crop
- Going to be trained
- Daily rations from the Kings kitchens
- Don't want to eat it
- Why?
  - Don't want to defile themselves
    - Food sacrificed to idols
    - "unclean foods"

### **Daniel didn't want to dishonor God**

- Wasn't about being a vegetarian
- Wasn't just about being Kosher
- Was a matter of living a life that was honoring to God in every decision they made
  - Even the way they ate and how they treated their bodies!

Sound familiar to what Mr. Brown said last week?

- Our purpose is to glorify God in everything.
- Including what we do with our bodies.

We tend to compartmentalize our lives

- What I do over here doesn't impact what I do over there
- Especially disconnect what we do with our bodies from our spiritual lives
- Huge mistake

### **What we do with our bodies impacts our spiritual lives**

- We must reconnect this in our lives

- This is the light bulb that went on in my head about 8 months ago

- How I treat this body matters - not just for longer life

Think of all the ways we defile ourselves with our bodies

- Food
- Substances
- Sexuality

Not arguing for tofu and wheat germ

### **The choices we make with our bodies affects our relationship with God.**

We deliberately touch Jesus through our wholeness when we recognize this.

God rewarded Daniel and his friends.

- Verse 17
- John Wesley "Fairer and fatter - The blessing of God upon homely fare, affords often more health and strength, than more costly fare to them that eat the fat, and drink the sweet."

God rewarded them for what they ate?

- God rewarded them for honoring Him.
- The choices they made with their bodies was a way they were honoring God.
- God blessed them for it.

One of the other dangers of this concept - especially in our culture

- The reward from God is a beautiful body!
- Our culture says - be healthy
  - Why?
    - So you can feel good about yourself!
    - Make no mistake about it - I feel way better!

- Feeling better or looking better should not be our goal.
- Our goal comes straight from scripture.

**Honor God with your body.**

Deliberately touching Jesus through our wholeness

- Everything
- All of it
- Even our bodies

We can deliberately touch Jesus through our wholeness when I am willing to honor God with my body.