

*“20 according to my earnest expectation and hope that in nothing I shall be ashamed, but with all boldness, as always, so now also Christ will be magnified in my body, whether by life or by death. 21 For to me, to live is Christ, and to die is gain.”*

Philippians 1:20-21

**B.** Present your body as holy.

*“12 Therefore do not let sin reign in your mortal body, that you should obey it in its lusts.*

*13 And do not present your members as instruments of unrighteousness to sin, but present yourselves to God as being alive from the dead, and your members as instruments of righteousness to God.”*

Romans 6:12-13

*“15 but as He who called you is holy, you also be holy in all your conduct,*

*16 because it is written, “Be holy, for I am holy.”*

I Peter 1:15-16

**C.** Present your body as acceptable to God.

*“Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.”*

I Corinthians 10:31

*“6 not with eyeservice, as men-pleasers, but as bondservants of Christ, doing the will of God from the heart,*

*7 with goodwill doing service, as to the Lord, and not to men,”*

Ephesians 6:6-7

## **TRANSFORMED: FOUR CHANGES TO YOUR BEST YEAR EVER**

Transforming Your Body

**Pastor Steve Reynolds**

### **INTRODUCTION**

**A.** Make 2018 your best year ever! If you always do what you’ve always done, you will always get what you’ve always gotten. It’s time to transform your life. In the Transformed four part teaching series Pastor Steve Reynolds will lead you through a study of Romans 12.

*“...be transformed...”*

Romans 12:2b

**B.** In this series, you will discover four changes to your BEST year ever.

TODAY	Transforming Your Body
Jan 21	Transforming Your Mind
Jan 28	Transforming Your Service
Feb 4	Transforming Your Relationships

**C. TEXT:** Romans 12:1 (Pew Bible/Pg. 1175/New Testament)

What is one major change you would like to make to your body in 2018?

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## HOW TO TRANSFORM YOUR BODY

### I. RESPECT YOUR BODY (12:1a)

Paul communicates respect for the body by earnestly begging us to take care of it.

#### A. God made your body.

*“For by Him all things were created that are in heaven and that are on earth, visible and invisible, whether thrones or dominions or principalities or powers. All things were created through Him and for Him.”*  
Colossians 1:16

#### B. God dwells in your body.

*“19 Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?  
20 For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.”*  
I Corinthians 6:19-20

#### C. God works through your body.

*“7 Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap.  
8 For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.  
9 And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.”*  
Galatians 6:7-9

### II. MOTIVATE YOUR BODY (12:1b, d)

#### A. God’s mercy.

*“18 knowing that you were not redeemed with corruptible things, like silver or gold, from your aimless conduct received by tradition from your fathers,  
19 but with the precious blood of Christ, as of a lamb without blemish and without spot.”*

I Peter 1:18-19

#### B. Our reasonable service.

*“24 who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed.  
25 For you were like sheep going astray, but have now returned to the Shepherd and Overseer of your souls.”*

I Peter 2:24-25

### III. PRESENT YOUR BODY (12:1c)

*“Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.”*  
I Thessalonians 5:23

#### A. Present your body as a living sacrifice.

*“I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.”*

Galatians 2:20