



# Your Body is Important!

1 John 1:1-4 1 Cor 15:20-23, 35-57 John 20:19-29

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One of the ancient heresies is called **Docetism**; it plagued the Christian Church for centuries starting in the New Testament days. The word *docetism* comes from the word “to show or to appear,” and it taught that Jesus just appeared as a man, but He really was not God *in flesh*. It taught that Jesus was more like an angel that appeared on earth in the form of a man, or maybe like a theophany, a “God appearance”, like sometimes occurred in the Old Testament times<sup>1</sup>. The idea behind *Docetism* is that God is too holy and too pure to be involved in fleshy, earthly, sinful things like earth. So to protect God's honor, they came up with this false teaching<sup>2</sup>.

Docetism is a false teaching because the Bible clearly teaches that God did become a man; that Jesus is God *Incarinate*, in flesh, **born** of a woman, born in Bethlehem; He walked on the earth, He interacted with sinful people, He suffered, He was brutally crucified, died, and even thrown into a earthen tomb. On the Third Day Jesus rose from the dead **in His body**.

St. John was battling *Docetism* when he wrote his book of First John; and to combat this false teaching, he wrote this:

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<sup>1</sup> There are several examples in the Old Testament, but perhaps one will suffice: the “4th man” who walked in the fire with Shadrach, Meshach and Abednego in Daniel chapter three, and looked like a “son of a god.”

<sup>2</sup> The basic principle of Docetism was refuted by the Apostle John in 1 John 4:2-3. “By this you know the Spirit of God: every spirit that confesses that Jesus Christ has come in the flesh is from God; and every spirit that does not confess Jesus is not from God; and this is the spirit of the antichrist, of which you have heard that it is coming, and now it is already in the world.”

That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked at and our hands have touched—this we proclaim concerning the Word of life. The life appeared; we have seen it and testify to it, 1 John 1:1-2

John is teaching that the Apostles, including himself, are *eye, ear, and hand witnesses*<sup>3</sup> to the Risen Savior Jesus Christ. John is declaring to us that he has carefully heard Jesus teach; that he has seen with his own eyes that Jesus has risen from the dead in His body; that he has clearly studied Jesus to make sure it was really Him; and that he investigated by touching Jesus' body with his own hands and even touching the scars of the crucifixion itself! Not only did Jesus let “doubting Thomas” touch His body after the resurrection (John 20); *but He let all the disciples* carefully examine Him and touch His body and see the scars<sup>4</sup>. Jesus is alive! The *crucified* Man has risen from the dead **in His body!** Jesus is the Son of God, the Christ, and the Savior of the world!

The Easter victory is **precisely** that Jesus' dead body rose from the dead. In His physical body, God lived a perfect life under the 10 Commandments for us; and in His physical body, Jesus was put to death for our sins. The Son of God died on a cross in His physical body for us and our salvation! The Resurrection of His physical body is the proof that He is the Savior, and that the Father accepted the work of the Son for us!

Jesus' resurrection is called the “*firstfruits*,” which means that He is the first one to rise from the dead on Easter Sunday; and then our own bodies rise from the dead on the Last Day. Jesus rises first, we will rise later. His resurrection guarantees your resurrection from the dead!

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<sup>3</sup> The words that John uses in 1 John 1:1-2 are intense; they “looked upon” Him means to look intently and paid attention; it is the root of the English word “theatre.” The physical handling of Jesus has the idea of investigating; they were absolutely sure that the crucified Jesus had now risen from the dead!

<sup>4</sup> Remember how important this is: we are dependent on their witness and words for our faith! They are the official witnesses that Christ chose to bear witness to His resurrection. They had to be absolutely sure that the crucified man was alive! The New Testament is written by these men – these APOSTLES!

**Your body is important.** Jesus not only saves your soul, but your body as well. He has redeemed you in both body and soul. He has given you eternal life for both your body and soul. At the moment of death your soul continues on to live with Christ forever. But your body is not tossed aside and forgotten about! On the Last Day, when Jesus returns with great glory and power and all the Holy Angels with Him, He will raise your body from the dead and glorify it. You will live forever in the Kingdom of Heaven in both body and soul. Every week we confess this when we say, “we believe in the resurrection of the dead and the life everlasting.”

**Your body is important!**

Your body has been *created by God the Father*, *redeemed by God the Son*, and *sanctified by God the Holy Spirit!* *Your body will rise from the dead on the Last Day and be glorified!* **Your body is important!**

Because your body is important, there are several implications for daily living.

→ Your body is called a “*temple of the Holy Spirit*. (1 Cor 6:19)” This is one of the ways that the Bible teaches you about God living and working in and through you. God the Holy Spirit, along with the Father and the Son, lives within you --- *within your body* -- as you live your Christian life loving God and serving others. Your body is holy to the Lord; it is a temple of the Holy Spirit! **Your body is important!**

→ Because your body is important, how you live and what you do with it makes a difference. You do not engage in sexual immorality, drunkenness or drug abuse because your body is important. Your body belongs to the Lord, and therefore you glorify God with your body. **Your body is important!** be careful what you do with it.

- The *Resurrection of the Dead* gives you **patient endurance** when you go through difficult times with your body. When you struggle with health issues, and suffer in your body, you know that it is only temporary, and that God has promised you a glorified and perfect body to come. The resurrection of the dead gives you patient endurance in difficult times!
- On a much more basic level, because your body is a gift from God to you, you are concerned about health and hygiene; diet and exercise. You take care of your body because it's a personal gift from God to you. Being concerned about your health and hygiene, diet and exercise shows that you understand that your body is a gift from God and that **it is important.**
- Not only is your body important, but so is your neighbors. So we are concerned about other people and what happens to them. As the meaning of the 5th commandment reminds us, we are *to help and support others in every bodily need.* **Our neighbor's body is important also<sup>5</sup>!**

Your body has been *created by the God the Father*, *redeemed by Christ the Lord* and *sanctified by God the Holy Spirit!* *It will rise from the dead on the Last Day and be glorified!*

The *Resurrection of the Dead* on the Last Day is our **HOPE**: our confident faith in *life after death!* The **Resurrection of the Dead**, the *Easter victory* in the Lord Jesus Christ, reminds us that **Your body is important!** Amen!

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<sup>5</sup> This also means our unborn neighbor's body is important. We are pro-life people because God is pro-life; He has given us our body and our soul ... our days are in His hands. The fifth commandment, Thou shall not kill, calls on us to protect our neighbor's body, even our unborn neighbor.

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**Lord Jesus Christ,**

**we thank You for Your resurrection from the dead,**

**and for the promise that You will raise us from the dead on the Last Day.**

**Deepen our hope and conviction in the resurrection of the dead and the life everlasting.**

**Help us to live our lives so that we glorify You with our bodies,**

**because they are gifts from You that had been washed, sanctified, and justified.**

**Amen!**

# 1 John 1:1-4

That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked at and our hands have touched—this we proclaim concerning the Word of life. 2 The life appeared; we have seen it and testify to it, and we proclaim to you the eternal life, which was with the Father and has appeared to us. 3 We proclaim to you what we have seen and heard, so that you also may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ. 4 We write this to make our joy complete.

# 1 Corinthians 15:20-23, 35-57

20 But Christ has indeed been raised from the dead, the firstfruits of those who have fallen asleep. 21 For since death came through a man, the resurrection of the dead comes also through a man. 22 For as in Adam all die, so in Christ all will be made alive. 23 But each in turn: Christ, the firstfruits; then, when he comes, those who belong to him.

35 But someone will ask, “How are the dead raised? With what kind of body will they come?” 36 How foolish! What you sow does not come to life unless it dies. 37 When you sow, you do not plant the body that will be, but just a seed, perhaps of wheat or of something else. 38 But God gives it a body as he has determined, and to each kind of seed he gives its own body. 39 Not all flesh is the same: People have one kind of flesh, animals have another, birds another and fish another. 40 There

are also heavenly bodies and there are earthly bodies; but the splendor of the heavenly bodies is one kind, and the splendor of the earthly bodies is another. 41 The sun has one kind of splendor, the moon another and the stars another; and star differs from star in splendor. 42 So will it be with the resurrection of the dead. The body that is sown is perishable, it is raised imperishable; 43 it is sown in dishonor, it is raised in glory; it is sown in weakness, it is raised in power; 44 it is sown a natural body, it is raised a spiritual body. If there is a natural body, there is also a spiritual body. 45 So it is written: “The first man Adam became a living being”[f]; the last Adam, a life-giving spirit. 46 The spiritual did not come first, but the natural, and after that the spiritual. 47 The first man was of the dust of the earth; the second man is of heaven. 48 As was the earthly man, so are those who are of the earth; and as is the heavenly man, so also are those who are of heaven. 49 And just as we have borne the image of the earthly man, so shall we[g] bear the image of the heavenly man. 50 I declare to you, brothers and sisters, that flesh and blood cannot inherit the kingdom of God, nor does the perishable inherit the imperishable. 51 Listen, I tell you a mystery: We will not all sleep, but we will all be changed— 52 in a flash, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, the dead will be raised imperishable, and we will be changed. 53 For the perishable must clothe itself with the imperishable, and the mortal with immortality. 54 When the perishable has been clothed with the imperishable, and the mortal with immortality, then the saying that is written will come true: “Death has been swallowed up

in victory.” 55 “Where, O death, is your victory? Where, O death, is your sting?”[ 56 The sting of death is sin, and the power of sin is the law. 57 But thanks be to God! He gives us the victory through our Lord Jesus Christ.

## **John 20:19-29**

On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, “Peace be with you!” 20 After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord. 21 Again Jesus said, “Peace be with you! As the Father has sent me, I am sending you.” 22 And with that he breathed on them and said, “Receive the Holy Spirit. 23 If you forgive anyone’s sins, their sins are forgiven; if you do not forgive them, they are not forgiven.” 24 Now Thomas (also known as Didymus), one of the Twelve, was not with the disciples when Jesus came. 25 So the other disciples told him, “We have seen the Lord!” But he said to them, “Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe.” 26 A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, “Peace be with you!” 27 Then he said to Thomas, “Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe.” 28 Thomas said to him, “My Lord and my God!” 29 Then Jesus told him, “Because you have seen me, you have believed; blessed are those who have not seen and yet have believed.”