GUIA DE ESTUDO

Living Holy, Living Wholly

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BIG IDEA

As disciples, we honor God by treating our bodies as His temple and pursuing holistic holiness in body, mind, and spirit.

Who Owns Your Body?

The preacher begins with the hot topic of body autonomy and a seventh-grade ear piercing at the local mall: his parents made him take out the turquoise earring, reminding him that even our bodies are not ultimately our own. He contrasts the world's claim, "my body is mine," with Paul's declaration that believers belong to God.

Disciple Living Means Reordering Life

He defines a disciple using Dallas Willard: a person who has decided that the most important thing in life is learning how to do what Jesus said to do, constantly revising life to follow Him. For him, that means arranging every aspect of life around the Bible's principles, including how we treat our bodies. First Corinthians 6:19-20 becomes a declaration, not a suggestion: believers are not their own, because they were bought with a price.

> *Do you not know that your body is a temple of the Holy Spirit within you whom you have from God? You are not your own.*
>
> — Paul's Declaration

The Body Is the Temple, Not a Cage

He says Paul is not speaking metaphorically. The same Spirit who hovered over the waters at creation, filled the tabernacle in the wilderness, and came upon Jesus at His baptism now lives in the believer's body. Therefore, the body is not a cage trapping the soul or a temporary vehicle to discard until heaven; it is a dwelling place of God. That should change how we look in the mirror and how we make decisions about our physical lives.

> *you were bought with a price, so glorify God in your body.*
>
> — Bought for God's Glory

Holiness Includes the Whole Person

He emphasizes that Paul's original context involved sexual immorality, where people claimed their sexuality was their own. But the principle reaches far beyond that issue: if God bought us, then our entire being belongs to Him. The cross says Jesus forgives sin, but it also says, "I want you back." The incarnation and resurrection show that God redeems the physical as well as

the spiritual. When believers honor God in bodily life, they testify to the truth of the cross and resurrection.

> *you shall be holy for I am holy.*
>
> — God's Holy Claim

Wholeness in 3 John 2

He turns to 3 John 2 as a window into God's view of human wholeness: "Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul." The Greek behind "good health" is the root of hygiene, showing that John is talking about bodily well-being, not merely a casual wish. The point is that spiritual life and physical health are connected; God desires wholeness, not separation.

Creation Shows Body and Breath Together

He reminds listeners that God formed human beings from dust and breathed life into them, making a living being. The Bible does not present a soul temporarily attached to an inconvenient body; it presents body and breath together as one human life. That is why Scripture can say we are fearfully and wonderfully made, and why the body must not be treated as unimportant.

PARA REFLEXÃO

Discuss Together

1. How does the world's idea of body autonomy differ from Paul's claim that you are not your own?
2. What changes when you view your body as a dwelling place of the Holy Spirit rather than a private possession?
3. Why does the sermon connect the cross and resurrection to the way we treat our physical bodies?
4. How does 3 John 2 challenge the idea that spiritual life and physical health are separate?
5. In what ways do sleep, food, rest, or exercise affect your ability to love God and serve others?

Love God With Your Strength

He highlights Mark 12:30, where Jesus says to love God with heart, soul, mind, and strength. The Greek word for strength refers to physical force, bodily vigor, and physical capacity. So loving God is not only emotional, intellectual, or spiritual; it also includes how we use our bodies, our energy, and our physical capacity in service to God and others.

PARA REFLEXÃO

Reflect More Deeply

1. Where have you been thinking of your spiritual life and physical life as separate?
2. Which bodily habits most affect your patience, clarity, or emotional stability?
3. How might poor sleep or poor diet be reducing your capacity to love and serve?
4. What would it look like this week to worship God with your strength?
5. Which part of your life most needs reordering around Jesus right now?

Health Matters, But Mercy Matters More

He carefully distinguishes between chosen habits and suffering caused by illness beyond our control. He names his oldest son's unexpected disease and his wife Christina's autoimmune disease that began after a common virus as examples of the effects of sin in a broken world. He does not shame those with conditions they did not choose. Instead, he stresses that for many believers the issue is habitual neglect—choices that lower health and weaken mental and moral strength.

> *Preserve the best health you can.*
>
> — A Practical Aim

APLICAÇÃO PRÁTICA

What This Looks Like This Week

He invites listeners to bring the body into spiritual life as part of daily worship. He reminds the church of its Adventist health heritage and summarizes it with two gracious principles: “Preserve the best health you can” and “do the very best possible under every circumstance in which we find ourselves.” He then names eight health principles to consider: nutrition, exercise, water, sunlight, temperance, air, rest, and trust in God. The call is not perfection, but faithful progress in the circumstances each person actually lives in.

> *do the very best possible under every circumstance in which we find ourselves.*
>
> — Grace for Real Life

APLICAÇÃO PRÁTICA

Three Simple Next Steps

He offers three concrete practices: first, pray, “Lord, help me to see my body the way that you do”; second, use the reminder phrase “God’s temple” when tempted to ignore health convictions; third, choose one area from the eight principles—nutrition, exercise, water, sunlight, temperance, air, rest, or trust in God—and start there this week. He specifically notes that if you are a new mother, exhausted, or dealing with physical limits, God is not demanding an impossible ideal but asking for the best you can do in your actual circumstance.

> *Lord, help me to see my body the way that you do.*
>
> — The Week’s Prayer

ORAÇÃO

Closing Prayer

Lord Jesus, thank You for buying us with a price and for making our bodies temples of the Holy Spirit. Teach us to see our physical lives as part of our discipleship, not separate from it. Give mercy to those living with illness, strength to those who

are weary, and wisdom to all of us as we seek wholeness. Help us to honor You with our hearts, minds, souls, and strength, and to live as holy people who belong fully to You. Amen.