

# *The* **PHYSICAL** *AREA of LIFE*

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## **Introduction to the 7 Areas of Life**

- A. Scripture speaks to how we should live in all areas of life.
- B. We have identified seven general areas of life.
- C. These seven areas are listed in diagram 150-A of the [Victorious Christian Living Manual](#).
- D. The *7 Areas of Life* are:
  - 1. Spiritual-our relationship with God.
  - 2. Psychological-our relationship with mind, will and emotions.
  - 3. Physical-our relationship with our bodies.
  - 4. Financial-our relationship with money and work.
  - 5. Social-our relationship with other people.
  - 6. Marital-our relationship with our spouse.
  - 7. Parental-our relationship with our children.
- E. As part of our *7 Areas of Life* Training, we will look at the godly model for each one of these specific areas.

### **I. Definition**

The physical area of life is our body and how it relates to the physical world around us.

### **II. Importance**

- A. The physical area of life is important because the body was created by God and For God (and is the ‘temple of the Holy Spirit’) 1 Cor. 6:19
- B. We need to believe that our body is not who we are, so we do not try to gain significance by what our body looks like or what it can achieve.
- C. We need to see our body as a tool given to us by God to accomplish His will. His will is that we know Him and make Him known. Revelation 4:11

### **III. Godly Model**

- A. A disciple maintains his body for the Lord's use. 1 Corinthians 10:31
  - 1. A disciple is not controlled by his body but keeps it under control for the Lord.  
1 Corinthians 9:27
  - 2. What happens when a person is mastered by the desires of his/her body? Proverbs 23:21

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- B. A disciple believes that God's purposes for his body are best. 1 Thessalonians 4:3-4
1. A disciple chooses to remain pure. 1 Corinthians 6:18
  2. What happens when a person chooses immorality? Proverbs 6:26-27
- C. A disciple acknowledges that God made him. Psalm 139:14
1. A disciple thanks God for his/her body. 1 Thessalonians 5:18
  2. What happens when a person is dissatisfied with his/her body? Romans 9:20-21
- D. A disciple seeks the Lord when not physically well. James 5:14
1. A disciple receives God's strength while suffering. 2 Corinthians 12:9
  2. What happens when a person is making bad choices with his body? Galatians 6:7-8
- E. A disciple knows his/her body is God's temple. 1 Corinthians 6:19
1. A disciple yields his body to God. Romans 12:1
  2. What happens when a person does not yield to God? Romans 6:12-14
- F. A disciple sees his/her body as an instrument to bring glory to God-not to bring glory to self. 1 Corinthians 6:20
1. A disciple wants to bring glory to the Creator, not the creature. Romans 1:23, 25
  2. What happens when a person tries to bring glory to themselves? Isaiah 1:13-14

**KNOWING MY BODY IS THE LORD'S BODY, RULES THE PHYSICAL AREA OF LIFE!**  
**Philippians 1:20b**