

Embodiment is an important concept that impacts everyday life.

1. God created men and women as embodied humans, meaning we are a spiritual and physical being. Both soul and body are integral to our existence, unified yet distinct parts of who we are as persons made in the image of God (Genesis 1:26-28, 2:7).
2. As embodied physical and spiritual beings, if we fail to adequately care for our physical health, our spiritual health may be affected. The opposite is also true. Oftentimes, if we are undisciplined in cultivating our relationship with God, we may also neglect ourselves physically. Care for the body is care for the soul and vice versa (3 John 1). Christians are to live in such a way that reflects the equivalent worth of both body and soul.
3. Christians are commanded to glorify God in their bodies, which means thinking about and treating our bodies in ways that honor him (1 Corinthians 6:20). This truth should impact our body image and body stewardship.
4. Body stewardship means accepting responsibility for the body by appropriately caring for its needs with proper nutrition, sufficient exercise, adequate rest, and limiting stress. As embodied beings, God designed us to function best when we care for ourselves in these ways (1 Corinthians 10:31). Body image reflects how we see and think about our body, and those thoughts should honor the Lord (Psalm 139:14, Philippians 4:8).
5. Scripture condemns lifestyles of sloth and gluttony (Proverbs 12:24, 13:4, 22:2, Philippians 3:19). Habitual laziness and regular overeating may indicate indifference and even lack of concern for physical health, two practices that should not characterize embodied believers. Our outward behaviors matter, but the Lord also considers our heart's desires (1 Samuel 16:7, Proverbs 21:2).
6. But be encouraged. God changes our hearts and enables us to change our desires and temptations under control (Ezekiel 36:26-27, Romans 8:6-9). As believers, we are indwelled and empowered by the Holy Spirit to overcome sin and live in obedience. By the Spirit, we possess the fruit of self-control. This fruit enables us to fight desires of sloth, gluttony, negative body image, and battle desires that go against body stewardship. (Galatians 5:22-23)

We believe that God created embodied men and women in his image, that Christ became embodied to bodily redeem sinners, and that the Holy Spirit bodily indwells believers, making them his temple and empowering them for holy living. By holding to these truths, Christians find motivation to care for their bodies in ways that glorify God.