

THE NAKED TRUTH

TREAT IT LIKE A MASTERPIECE

HIGH SCHOOL | FEBRUARY 11TH

Introduction

- When Adam and Eve were in the Garden of Eden, before brokenness entered the world, they were naked and felt no shame. But the moment the world became broken our bodies became broken, and how we view our bodies changed from how God intended.
- Shame is that feeling of not being good enough, like we are wrong and don't matter. It is the feeling of not being worthy of love and belonging.

Scripture

- Romans 12:1-2 - We are called to not conform to the patterns of this world but renew our minds

What the world sees bodies as a means to get something - God intended our bodies to reflect His heart.

- The world tells us that our bodies are meant to be used to get approval/attention, to get pleasure or prove something.
- 1 Corinthians 6:19-20 - Your body is a temple of the Holy Spirit
- Our bodies being temples of the Holy Spirit means they are home to God and are meant to reflect his heart to people on earth
- We need to ask ourselves what we are using our bodies for. When we get dressed in the morning, post picture on social media, or send a revealing picture to someone. Are we using our bodies to get something? Or are we using our bodies to reflect the heart of God?

The world sees bodies as sexual - God intended our bodies is to be a casing to hold what is on the inside.

- The casing of the phone is just what is used to hold the valuable pieces on the inside together and the screen of the phone reflects what is going on inside.
- Our bodies are the casing of what is way more valuable inside – our hearts – and they are like the screen that reflects our hearts.
- The problem is that we have over-sexualized our bodies.
- Sexualizing means to value someone’s body over their hearts, personalities or character.
- When God made the first people it says he made them in his own image. Not his physical image, but his emotional image and character.
- Instead of seeing people’s bodies as their greatest value, we must see them as people created in the image of God.
- 2 Corinthians 10:5 - take every thought captive and make it obedient to Christ

The world sees the attitude towards bodies as harmless – God says that it is dangerous.

- 1 Corinthians 6:12-18 -
 - Just because something is technically legal doesn’t mean that it’s spiritually appropriate. If I went around doing whatever I thought I could get by with, I’d be a slave to my whims. – 1 Corinthians 6:12
 - There’s more to sex than mere skin on skin. Sex is as much spiritual mystery as physical fact... - 1 Corinthians 6:16
 - There is a sense in which sexual sins are different from all others. In sexual sin we violate the sacredness of our own bodies, these bodies that were made for God-given and God-modeled love, for “becoming one” with another. – 1 Corinthians 6:18
- What we do with our bodies has a lasting effect
- Just because we have the choice of what we do, doesn’t mean it’s healthy and doesn’t mean we have freedom.
- Like when we have a craving to eat sweets and give into that craving we are slaves to our body. And eating unhealthy has negative effects.
- The same goes for what we do with our bodies.

Conclusion

- God offers us grace when we make mistakes, and healing when other people have hurt us.