

“Stewardship of My Body, Soul, and Mind”
Psalm 139:1-14, page 613/554

Introduction:

1. *Psalm 139:14* declares that we are really a walking miracle.
2. We are created in the image of God, which I believe reflects “Life” both earthly and eternal.
3. June is stewardship month, and we will be focusing on:
 - A. Who we are.
 - B. What we possess.
 - C. How we live our lives here on earth.
4. Reinhold Neibuhr is famous for the following prayer: “God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference. Living one day at a time; enjoying one moment at a time; accepting hardship as the pathway to peace. Taking, as He did, this sinful world as it is, not as I would have it. Trusting that He will make all things right if I surrender to His will; that I may be reasonable happy in this life, and supremely happy with Him forever in the next. Amen.”
5. This prayer will help to guide us through this stewardship month.
 - A. Some things we cannot change.
 - B. Some things we should change.
 - C. Wisdom is essential.
 - D. Live life one day at a time.
 - E. Be a good steward of your life and possessions.

I. Our amazing physical body.

- A. Our physical body is the house in which we live and exist.
 1. Our physical body is easily identified.
 2. What we see when we greet another person.
- B. Our physical bodies are essential to life, and when the body is destroyed, the soul and mind cannot function in this earthly environment.
- C. We must take good care of our physical bodies; it will determine how long we live here on earth.
 1. Choose carefully the food we eat and what we drink.
 - a. Work on eating healthy.
 - b. Keep good food in our homes; keep out unhealthy food.
 - c. Set some realistic goals, and keep working toward a healthy lifestyle.
 2. Maintain proper daily rest.
 - a. Sometimes that is hard to do because of work, family, etc.
 - b. Sometimes we are unwise: T.V., etc.
 3. Exercise daily.
 - a. Again, set some attainable goals.
 - b. Walk/ride bicycle.
 - c. Quality exercise is not expensive.
 - d. Get off the sofa and do something good for your health.
- D. When the body dies, earthly life ends!

II. Stewardship of our eternal souls.

- A. The soul is often difficult to define and understand.
 1. We cannot see the soul.
 2. We cannot touch the soul.

- B. According to the Greek definition, we understand the soul to be:
 1. “The breath of life.”
 2. “The seat of religious and moral sentiment.”
 3. “The inner self.”
- C. The soul, according to the Bible, is the eternal life that God breathed into the first created humans.
 1. It is our spiritual life.
 2. It is our communication link with God who is a Spirit. *John 4:24: “God is Spirit, and those who worship Him must worship in spirit and truth.”*
- D. I urge you to develop a personal relationship with God through Jesus Christ, His Son.
- E. Accept the forgiveness and salvation Jesus is offering you. *Romans 10:8-10: “But what does it say? ‘The word is near you, even in your mouth and in your heart’ (that is, the word of faith which we preach): that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes to righteousness, and with the mouth confession is made to salvation.”*

III. Stewardship of our miraculous minds/brains.

- A. Greek meaning:
 1. “The mind, intellect.”
 2. “To take thought.”
 3. “To be of opinion.”
- B. The mind seems to be the control panel where thoughts and opinions are formed and then recorded in the brain cells.
- C. It would seem that the mind greatly influences the soul and physical actions. *Romans 12:1-2: “I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”*
- D. God has given us the power to direct and control our thought lives/minds.
 1. We can watch good movies or bad movies.
 2. We can choose what books we read.
 3. We can choose what language we use and what language we listen to.
 4. We can choose our friends.
 5. All these things directly influence our thoughts, opinions, and actions.
- E. The apostle Paul puts the responsibility directly on each of us:
 1. “*You present your bodies.*”
 2. “*Your reasonable service.*”
 3. “*Renewing of your mind.*”
 4. “*You may prove.*”
- F. Stewardship is a personal privilege for each of us.

Conclusion:

1. Primarily we are who we choose to be!
2. We cannot change or control everything that we experience in life.
3. We can, however, change and control many of the major issues of life.
4. Stewardship is about making wise choices and carefully caring for:
 - A. Our physical bodies.
 - B. Our eternal souls.
 - C. Our minds/brains.
5. Stewardship is a privilege; do not neglect your privilege.