



Bought With A Price

This Sunday, I'm planning to share some thoughts in my sermon about my recent journey of weight loss. Many of you have noticed that I've been able to make significant progress in becoming a healthier person by losing the weight I put on last year, plus some more. Your words of encouragement have been greatly appreciated as I continue my journey toward reaching my goal weight, hopefully in the next few months.

In the New Testament, the apostle Paul wrote part of one of his letters to the Corinthians about how we should view our physical bodies. He argued that our bodies are not really our own, since we did not create them. Rather, God created our bodies, so God is the true owner. As with finances, we are asset managers. In summary, Paul said that we should honor God with our bodies, because we have been bought with a price. What is that price? Jesus' own life.

We have the perfect tie in, as we gather on this first Sunday of the month around the communion table to look back with gratitude and remember Jesus' sacrifice on the cross. And yet, the power of the cross isn't just for generations gone by, as a remembrance of what is past. The power of the grace of God is available for each of us here and now. When we share the bread and cup, it becomes a channel of God's grace and power for our lives today. Not only that, but the sacrament points toward a better future that lies ahead of us in the heavenly realm, where we will feast at the heavenly banquet table.

How do you honor God with your body? How could we all choose to do that for God's glory?

Grace and Peace,

Pastor David

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