

## 1. Sport

**Principle –Development of our physical bodies via activity such as sport can have a place in our life but it is to secondary to the development of godliness.**

Key Scripture:

**1 Corinthians 6:19-20** Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; <sup>20</sup> you were bought at a price. Therefore honor God with your body.

**1 Timothy 4:8** For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

**1 Corinthians 10:31** So whether you eat or drink or whatever you do, do it all for the glory of God.

Comment

As a Christian our physical body belongs to God and whatever we do with it reflects on our view of Him. Physical training is of value for this life, but training in godly living has benefits for both this life and the next. If we pursue physical training it should be in a way that honours and glorifies God.

Application in daily life??

- ♦ If we pursue sport, it should not be at the expense of our Christian walk. For example, don't commit yourself to a sport or other physical activity that stops you regularly attending spiritual activity such as worship or Bible Study.
- ♦ Irrespective of the activity, we are to participate in a way that honours God in both our physical and verbal behaviour
- ♦ If we are involved in competitive sport, winning may be the objective of the game but for the Christian it ought to be secondary to our testimony.

Our example? Does your life reflect a priority for the development of godliness over physical fitness/sport?