

Holding Life Sacred

TEXT: James 4:13-17

INTRODUCTION:

- A. WHAT IS LIFE?: That property of plants and animals which make it possible for them to take in food, get energy from it, grow, adapt to their surroundings, and reproduce their kind: it is the quality that distinguishes a living animal or plant from inorganic matter or a dead organism. Webster's NWD
- B. **Gen. 9:6.** LIFE IS HELD SACRED BY GOD, THEREFORE, SHOULD BE BY US.
- C. JAMES TELLS US OF LIFE'S PRECIOUSNESS, WARNS OF ITS BREVITY, AND REASSURES US THAT GOD IS IN CONTROL.
- D. HOW DO WE HOLD LIFE SACRED?

I. KEEP OUR BODIES HEALTHY AND STRONG.

- A. CLEAN, PROPER DIET, AND EXERCISE.
- B. CLEANNESS IS NEXT TO GODLINESS ...
 - 1. Not in the Bible.
 - 2. Can be a reflection of our reverence and sobriety (**Heb. 12:28; 1 Tim. 2:9**).
 - 3. A sense of what is and what is not appropriate.
- C. YOU ARE WHAT YOU EAT!
 - 1. The Bible doesn't talk about diet, except ... (**Matt. 15:17-20**;).
 - 2. **1 Cor. 6:12-20.** Eating vs. Misusing. OUR BODIES BELONG TO GOD.
 - 3. What we ingest matters, and so ... (**1 Cor. 6:10; 1 Pet. 4:1-4; Titus 1:12**).
 - 4. We ingest must honor our stewardship (**1 Cor. 4:2; 6:19-20**). Don't Smoke
- D. PHYSICAL EXERCISE HAS PROFIT, BUT... (**1 Tim. 4:7-8**).

II. Eph. 4:12; 2 Cor. 7:1. THE WAY WE LIVE, PURE, SEPARATE.

- A. YIELDING TO FLESHLY DESIRES DEFILES THE FLESH AND SPIRIT.
- B. THAT IS THE WAY OF THE WORLD (**2 Cor. 6:14, 17; Rom. 12:1-2**).
- C. A CHANGE MUST BE EVIDENT (**Col. 3:5-10; 1 Pet. 4:4**).
- D. RESIST (**James 4:7; 1 Cor. 15:33; 1 Pet. 2:11; Phil. 4:8**).

III. LIFE IS A SACRED GIFT, DON'T WASTE IT.

- A. THE LESSON OF **James 4:13-17**.
 - 1. **Eph. 5:15-17; John 9:4.** If there is something you want to do, better do it now.
 - 2. Wasted time cannot be recovered.
 - 3. Don't procrastinate. Felix waited for a convenient season.
- B. **Psa. 118:24.** A GIFT FROM GOD.
 - 1. A Divine imperative (**Psa. 90:12**).
 - 2. A Divine purpose (**Ecc. 12:13-14; 11:9 – 12:1**).

IV. REMEMBER OTHERS.

- A. WE SHOULD PUT OTHERS FIRST (**Phil. 1:1-5**).
- B. PHYSICAL WELFARE (**1 John 3:16-18; Gal. 2:10**).
- C. SPIRITUAL WELFARE (**Jas. 5:19-20; Gal. 6:1**).
- D. WHO IS MY NEIGHBOR? (**Luke 10:29; Gal. 6:10**).

V. LIVE FOR SOMETHING IMPORTANT.

- A. OUR GAGE SHOULD BE UPWARD (**Col. 3:1-4**).
- B. WE BELONG TO GOD, WE GLORIFY HIM (**1 Cor. 6:20**).
- C. THIS WORLD IS NOT OUR HOME (**1 Pet. 2:11-12**).

CONCLUSION:

- A. IS LIFE PRECIOUS TO YOU?
- B. THE LIVES OF OTHERS?
- C. THE LIFE OF JESUS?