

# **Our Bodies as Instruments of Righteousness**

Sermon by Andy Sochor

Text: Romans 6:12-14

Our bodies can be used one of two ways – either for God or for sin. How can we use the members of our bodies as instruments of righteousness? Let's consider what the Bible says about how we can use the different parts of our bodies.

## **Our Minds (Thinking)**

- Must be set on God's interests, not man's (Matthew 16:21-23) – set our minds on things above (Colossians 3:2)
- What we use to understand God's word (Luke 24:44-45) – do not be deceived or led astray (2 Corinthians 11:3)

## **Our Ears (Listening)**

- God gave us the ability to hear – we must do so (Luke 8:8, 18); precedes our response to the gospel (Acts 16:14)
- Must eagerly listen to the truth (Acts 17:11) – not close our ears to it (2 Timothy 4:3-4; Acts 7:56-57)

## **Our Eyes (Seeing)**

- We cannot always control what we see, but we need to control what we focus on (Matthew 6:22-23; Psalm 101:3)
- Also used to appreciate God's creation (Psalm 19:1) – creation informs us of the Creator (Romans 1:20)

## **Our Tongues (Speaking)**

- What we say is important (James 3:5) – can be used for either good or bad
- Speak truth (Ephesians 4:25), encouragement (Ephesians 4:29), rebuke (Proverbs 27:6), praise (Hebrews 13:15), and the gospel (1 Peter 3:15)

## **Our Hands (Working)**

- Be willing to work diligently (2 Thessalonians 3:7-10) – not just in empty pursuits, but divine obligations (John 6:27)
- Focus on what we can control (not what is “out of our hands”) – do not worry, but focus on serving God (Matthew 6:25, 33)

### **Our Feet (Going)**

- Make sure to be going in the right direction (Deuteronomy 5:32) – walk in light (1 John 1:7) and the narrow way (Matthew 7:13-14)
- Go with the gospel (Ephesians 6:15)

### **Our Hearts (Intentions, Motivations, Priorities)**

- Everything we've talked about is tied to this – so watch over your heart (Proverbs 4:23)
- Serve God from the heart (Romans 6:17) – sincerely and completely

### **Conclusion**

- Everything we say, think, and do must be for the Lord
- We are not to give any part of our lives over to sin
- We must serve Him with our whole being (cf. Luke 10:27)