

One of the greatest deceptions that leads many people into pride is the belief that their bodies belong to them. But if you take time to reflect deeply, you will realize that you do not have full authority over your body. That, in itself, is proof that your body is not truly your own possession.

If your body truly belonged to you, then you would have had the power to choose your height, your skin color, or even your gender. You would be able to stop your heart from beating at will, stop your blood from circulating, or prevent your body from sweating in the heat. But since none of these are within your control, it is clear: your body belongs to someone else—someone greater than you.

The Bible confirms this truth plainly:

*“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? YOU ARE NOT YOUR OWN.”*

1 Corinthians 6:19 (NIV)

Because of this truth, we are obligated to live under the authority of the One who owns these bodies. If He commands that our bodies must not be used as instruments of sin, then we must obey—because they are not our property. If He says they should not be used for sexual immorality, drunkenness, or any form of impurity, we must submit—because we are not the owners.

We are merely guests—tenants living in these bodies that belong to Him. We do not have 100% freedom to use them however we want. If He commands us not to wear clothes that belong to the opposite gender (see Deuteronomy 22:5), we should not question “why.” His authority is final.

Who Is the Owner of This Body?

At one point, the Pharisees asked Jesus a trick question:

*“Tell us then, what is your opinion? Is it right to pay the imperial tax to Caesar or not?”*

Matthew 22:17 (NIV)

*But Jesus, knowing their evil intent, said, "You hypocrites, why are you trying to trap me? Show me the coin used for paying the tax." They brought him a denarius, and He asked them, "Whose image is this? And whose inscription?"*

Matthew 22:18-20

They answered: "Caesar's."

Then Jesus told them:

*"So give back to Caesar what is Caesar's, and to God what is God's."*

Matthew 22:21 (NIV)

Now pause and reflect—what did Jesus mean by "give to God what is God's"?

Yes, we could say it includes things like tithes and offerings—but Jesus was going deeper. He was drawing a profound analogy between image and ownership.

Just as the coin bore Caesar's image—so it rightfully belonged to Caesar—our bodies bear the image of God. Let's read from Genesis:

*"Then God said, 'Let us make mankind in our image, in our likeness...' So God created mankind in His own image, in the image of God He created them; male and female He created them."*

Genesis 1:26-27 (NIV)

This means: Your body carries the image of God. Just as the coin belongs to Caesar because of his image on it, you belong to God because His image is upon you.

Are You Honoring God With Your Body?

Ask yourself: Am I treating my body the way God wants me to?

OFFER YOUR BODY TO THE LORD - IT IS NOT YOUR OWN  
PROPERTY

Do I keep it holy and pure?

Do I offer it in worship—through prayer, fasting, and service?

Do I drag it to church only when it's convenient?

Do I say "I'm too tired" to pray or fast?

If you constantly use excuses to avoid prayer, fasting, or fellowship—remember: You will one day give an account to the rightful Owner of your body.

If you are using your body for fornication, adultery, or other forms of impurity—think again. If you parade it half-naked, tattoo it carelessly, or treat it like your own billboard—rethink that attitude.

If you assume your womb exists only to conceive and abort at will, think carefully. This body is not your own.

*"Therefore honor God with your bodies."*

1 Corinthians 6:20 (NIV)

May the Lord Help Us Always

Let this be a wake-up call to return to God—not just in spirit, but with our whole being. He created us, He owns us, and He calls us to holiness.

*“I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.”*

Romans 12:1 (NIV)

Shalom.

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