

Key Points 1. The Body as a Temple • 1 Corinthians 6:19–20 • 1 Corinthians 3:16–17 • Ephesians 5:29 2. Prohibitions Against Self-Mutilation • Leviticus 19:28 • Deuteronomy 14:1 3. God's Value of Your Life and Person • Psalm 139:13–14 • Matthew 10:29–31 • 1 Peter 5:7 4. Direct Intervention Against Self-Harm • Acts 16:28 • Mark 5:1-10 5. Hope and Healing • Psalm 34:18 • Jeremiah 29:11 • John 10:10	Answer the questions based on the scriptures given: 1. According to these scriptures, we are to take care of our body, why? How? 2. Explain why the Lord had these commandments for His people, are they any different from today? Answer why or why not 3. Why do you think that the enemy wants us not to care about ourselves? What does the devil gain with his lies? 4. Demonic strongholds entered the man: what did they make the man do? Is it possible to have more than one demon? Why did they ask Jesus not to send them away? 5. What exactly is the message that these three scriptures all focus on? Why is this important for us today?
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Summarize: John 3:16 – 21/1 John 4:18-20/1 Tim. 1:7 Is it a command to love ourselves or is this negotiable? Explain why or why not?
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The Body as a Temple of God

These verses highlight that our bodies belong to God and should be treated with care [1.1, 2.1]. 1 Corinthians 6:19-20 (NKJV) states that your body is a temple of the Holy Spirit, that you are not your own, and you should glorify God in your body [1.1, 2.1]. 1 Corinthians 3:16-17 (NKJV) also refers to believers as God's temple [1.1].

Prohibitions Against Self-Mutilation

Old Testament passages prohibit cutting oneself, which was sometimes linked to mourning or pagan rituals [1.1, 2.1]. Leviticus 19:28 and Deuteronomy 14:1 specifically forbid making cuts on the body [1.1].

God's Love and Care for the Brokenhearted

Scripture offers comfort for emotional pain, presenting God as a source of healing [1.1, 2.1]. Psalm 34:18 (NKJV) says the Lord is near to the brokenhearted, and 1 Peter 5:7 (NKJV) encourages casting anxieties on Him because He cares [1.1]. Psalm 139:14 (NKJV) speaks of being wonderfully made, and Isaiah 41:10 (NKJV) assures that God will strengthen and help [1.1].

Hope and Power to Overcome

These verses indicate that God provides strength to overcome temptation and destructive habits [1.1, 2.1]. 1 Corinthians 10:13 (NKJV) promises a way of escape from temptation, and 2 Timothy 1:7 (NKJV) mentions that God gives a spirit of power, love, and self-control [1.1]. John 10:10 (NKJV) states that Christ came to give abundant life [1.1].

Biblical Examples of Distress

The Bible includes accounts of individuals experiencing deep despair but highlights the importance of turning to God [1.1, 2.1]. Examples include Elijah in 1 Kings 19, who felt hopeless, and a man in Mark 5:5 who cut himself due to spiritual torment but was delivered by Jesus.

EXTRA NOTES IN REVIEW (PERSONAL TIME USAGE)