



**Check Engine Light**  
**July 27/28, 2019**  
**Tim Doherty**

When you see your Check Engine Light come on, do you ignore it?  
Or do you pay attention and get it checked?



**IN THE HANDS OF GOD**

*"God spoke: "Let us make human beings in our image, make them reflecting our nature ... God created human beings; he created them godlike, Reflecting God's nature. He created them male and female."*  
Genesis 1 (The Message)

*"... the LORD God formed the man out of the dust from the ground and breathed the breath of life into his nostrils, and the man became a living being."* Genesis 2:7 (CSB)

How God is intimately involved:

- 1) FORMED
- 2) BREATHED



**OUT OF HIS HANDS**

We ignore the gauges, as if there can be NO CONSEQUENCES or we fixate on how our body looks, how it's performing, as if ALL WE ARE is a body.



**IN OUR OWN HANDS**

In the context of these beliefs and attitudes, Jesus came to live among us:

God WITH us  
God WITH SKIN ON  
God with a BODY  
Jesus showed us how to be HUMAN

HEDONISM: the belief that pleasure is the highest value and pain the lowest – and therefore pain should be completely avoided

We forget WHOSE we are, WHO we are, and HOW HE DESIGNED us to live.



**ABIDING IN THE HANDS OF JESUS**

What does it look like to abide in the hands of Jesus and "honour God with my body"?

- i. Colossians 2:9
- ii. Hebrews 10:10
- iii. Romans 8:2-3, Galatians 2:20
- iv. Galatians 5:22-24
- v. 1 Corinthians 9:27, 2 Corinthians 5:8-10, 1 Corinthians 6:19-20, Romans 8:11-12, 23

What does it look like to know your body and care well for what you need?

1. EAT
2. CARE. GROOM
3. PAY ATTENTION

4. WORK. SERVE
5. PLAY. MOVE
6. Take on new CHALLENGES
7. Get OUTSIDE and be in AWE
8. SLEEP

*Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity. 1 Timothy 4:12*