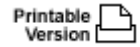


Should Christians care about physical appearance?

<http://www.gotquestions.org/physical-appearance.html>



Question: "Should Christians care about physical appearance?"

Answer: Physical appearance is important to God in that it reveals the glory of His creative abilities. So we should appreciate the beauty God has given us as His most complex and amazing creation. God crafted each of us ([Jeremiah 1:5](#)) to look exactly as we do, for His own perfect reasons. Despite our very best efforts, man will never be able to come close to the beauty and majesty of God. Our very bodies were formed in His image. In ways we cannot understand, we reflect His own beauty. No human painting, sculpture, photograph, or sketch can approach the beauty of God. God places some value on appearances; if He did not, we would all look the same. It is not a wrong thing for us to notice and appreciate physical appearance as well.

But it should be remembered that God judges our hearts, not our physical appearance. It is the inner man that is an even greater creation. We have souls that will never be destroyed, that live on forever in heaven or hell. Our hearts, too, are capable of so many thoughts and feelings, reflections of the complexities of God. We should not fall into the trap of believing that our looks are to be a source of pride or envy. Our true beauty should come from inside, not from the fleshly beauty that the world judges us on. In [1 Peter 3:3-5](#), Peter tells wives that their "beauty should not come from outward adornment, such as braided hair and the wearing of gold jewelry and fine clothes. Instead, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight. For this is the way the holy women of the past who put their hope in God used to make themselves beautiful."

Our outward appearance should not be our focus. If the reason we try to be the perfect weight, wear the best clothes, have facial treatments, etc., is to impress other people, then our physical appearance has become a matter of pride. We should be humbly aware of our appearance rather than acting to conform to the world's standards. [Matthew 23:12](#) says, "For whoever exalts himself will be humbled, and whoever humbles himself will be exalted." And [James 4:6](#) says, "God opposes the proud but gives grace to the humble."

We must watch out for anything that draws us away from God, including the too-often extreme emphasis the world places on appearances. God does not want us to love the world or anything in it ([1 John 2:15](#)), and we are not to think as the world does ([Romans 12:2](#)). God has shown us His own amazing power and beauty and love in an incredibly diverse creation. We should be humble, not committing idolatry in worshiping the creation rather than the creator ([Colossians 3:5](#)).

Recommended Resource: [A Woman After God's Own Heart by Elizabeth George.](#)

Related Topics:

[How can I overcome temptation?](#)

[Should Christian women wear make-up or jewelry?](#)

[Should Christian men or women wear earrings?](#)

[How can I overcome peer pressure?](#)

[What does the Bible say about fear?](#)

Return to:

[Questions about the Christian Life](#)

Our Bodies Are For the Lord

Objective:

❖ ☩ The Christians attitude towards the dignity of the body and the necessity of its sanctification

Memory Verse:

“Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God and you are not your own” (1 Corinthians 6:19)

References

- ❖ ☩ “Christianity and the flesh” Bishop Bemin
- ❖ ☩ “Christian Chastity” Bishop Bemin
- ❖ ☩ “My Purity” Archdeacon Remsis Nagib
- ❖ ☩ “The Body” Deacon Nagib Girgis

Introduction:

Why did the Lord create the flesh? Let the students attempt to answer

The Lord created a body for man so as to make of him a unique creature that is different from angels and animals. Angels are spirits and the animals are flesh but man combines the two elements, the soul and the body. That is why the fathers said that man was a small universe (Microcosms). The body reacts with the soul and the soul reacts with the body and each of them feels the other and is affected by it. We observe that in practical life the spiritual life affects the body to a great extent.

The man who prays and fasts is different from the man who commits adultery. The saint’s face differs from the face of the evil man. Each of them reflects an inner world, which is completely different. If we keep our inner life pure, the body will be pure and if we keep the body and its organs in a state of chastity, the inner life increases in purity and depth. The Sound body helps its owner to fast, worship and spend the night in prayer. The opposite is the case of the weak body.

The body is the Temple of the Holy Spirit

The body plays a very important role in the life of a Christian man. Since the Lord Jesus incarnated and became man, the human nature has become one with Christ. The man who has been marked with the Holy Spirit through the mystery of Confirmation (Chrism) has become bearer of Christ (Christophorus). Although the baptized and anointed with Chrism keeps the appearance and shape of his body without change yet in the inner depth of his body dwell the Divine light and the new life. Therefore the Bible regards the body as the temple of God “Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. Therefore glorify God in your body, and in your spirit, which are God’s” (1 Corinthians 6:19,20). In another place the Holy Bible says, “Do you not know that your bodies are members of Christ? Shall I therefore take the members of Christ and make them members of a prostitute? Never” (1 Corinthians 6:15). When St. Paul the apostle says that your bodies are the temples of the Holy Spirit, he means the real meaning of the words and does not use the words in a symbolic way. The fact that the Holy Bible emphasizes is that “We are members of His body, of His flesh and of His bones” (Ephesians 5:30) and that He is the true vine and we are the branches and the branches are parts of the vine and not outside parts.

The dignity of the body (The Christians outlook on the body)

The sound Christian attitude is that all the parts of the body are honored because they all share in building up the temple of the Holy Spirit. There are no pure organs and defiled members in Christianity. It is impossible to imagine that God would create a temple with a defiled part. St. Paul the apostle explained the honor of the members of the body in detail, in his first epistle to the Corinthians and concentrated specially on what is called the inferior parts: “On the contrary, the parts of the body which seem to be weaker are indispensable, and those parts of the body which we think less honorable we invest with the greater honor, and our un-presentable parts are treated with greater modesty, which our more presentable parts do not require. But God has so composed the body, giving the greater honor to the inferior part, that there may be no discord in the body, but that the members may have the same care for one another” (1 Corinthians 12:22-25). St. Clement of Alexandria says, “We must not be ashamed of the members which God created”.

The Body as a tool for achieving the Lord’s purpose

The apostle says to the Romans, “I appeal to you therefore, brethren, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world but be transformed by the renewal of your mind, that you may prove what is the will of God, what is good and acceptable and perfect” (Romans 12:1,2). This means that the flesh was not granted for enjoyment and selfishness but it is granted to be given and consumed for others. The person who refuses to use his body in deeds that glorify God is like the person who took the talent and buried it in the sand and when its owner came, he did not offer the benefits with the talent.

One of the saints says, “O Jesus I offer myself to you as a sacrifice. I sacrifice myself without asking anything for myself”. The domains of sacrifice are wide before man. Through the works of his body he can give kindness, friendship, sacrifice, services and blessed works that glorify the Holy great name of God. The saints felt that they were in the world as the arms, hands and the legs, which carry out the blessed purposes of the Lord in the world. Each one of them seized the chance of his existence in the flesh to play the part appointed to him...waiting for the Divine Voice, “Well done, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord” (Matthew 25:21). **Sunday School Curriculum Grade 9 68 NOVEMBER**

Do not be conformed to this world

The Christian who perceives the honor of the body is always careful to renew the mind to test the complete perfect good will of God. Renewing the mind is achieved through repentance, true confession and by examining the soul. Spending a period in a solitary place every now and then to find out if anything of the works of darkness has penetrated into the inner part of the soul. The renewal of mind enlightens it and increases its sensitivity and brightness and transparency and enables knowledge of the purpose of God, and His good will in every work performed.

That is why the apostle's voice calls us nowadays: Are we conformed to this world in their aims and methods and the way they live or have we become a new creation inside and outside? The Christians who do not honor their bodies expose them to ill treatment and insults when they put on inappropriate clothes. They adorn themselves in a way that does not conform to the honor of the temple of God in which the Holy Spirit dwells.

As the Lord entered the temple and drove out those who sold and bought and did not care for the holiness of the temple, the same will happen in His second coming when He drives out all those who did not honor their bodies and exposed their flesh to corruption and the work of the devil because it is written, "Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness? And what accord has Christ with Belial? Or what part has a believer with an unbeliever? And what agreement has the temple of God with idols? For you are the temple of the living God" (2 Corinthians 6:14-16).

Questions

1. Why did the Logos (the Word) become flesh?
2. What is the mutual relationship between the body and the soul in the spiritual life?
3. "The body is the temple of the Holy Spirit." Explain.
4. How does a Christian regard his members, especially those that people consider of a low degree?
5. "Do not be conformed to this world in your life." Explain.

Conclusion:

We attempt to keep our bodies clean and suitable residence for the Holy Spirit in us. We keep our bodies from ungodly practices and from the lust of the world.

Applications:

- ❖ ✧ Performing spiritual and social services, making use of our bodies to achieve the Lord's purposes towards love.
- ❖ ✧ Holding a debate about the body and invite a spiritual doctor and a physician to attend the debate.
- ❖ ✧ Offering services to comfort bodily sufferings of some people such as patients.

Sunday School Curriculum Grade 9 NOVEMBER 69

❖ ♂ Perpetual prayer: “Keep my body to be a temple for your Spirit”. We have to go to our father of confession when we feel that our mind or our members have been corrupted by any lust.