

Ep. 394 | Does God Care What You Do With Your Body? | Faith, Fitness, Beauty & Biblical Truth

Does God care what you do with your body or is it just a personal choice? In a world obsessed with appearance, fitness, and beauty standards, it's easy to swing between neglect and obsession. But what does Scripture actually say about your body, your health, and how you present yourself? In this episode, Christine Caine unpacks the biblical truth about the body as the temple of the Holy Spirit, addressing everything from fitness and stewardship to cosmetic enhancements, tattoos, and identity. She brings clarity to cultural confusion and invites you to examine your motives, your priorities, and your heart. Ultimately, this episode will help you move from pressure and performance into freedom and purpose—learning how to honor God with your body without idolizing it.

AM I STEWARDING MY BODY TO SERVE GOD'S PURPOSE—OR STRIVING TO FIND MY WORTH IN HOW I LOOK?

WHAT MOTIVATIONS ARE DRIVING MY DECISIONS ABOUT MY BODY—IDENTITY, INSECURITY, CULTURE, OR CONVICTION?

HAVE I PRIORITIZED OUTWARD APPEARANCE IN A WAY THAT'S DISTRACTING ME FROM INNER SPIRITUAL GROWTH?

SCRIPTURES REFERENCED IN THIS EPISODE:

1 PETER 3:3-4 • PSALM 139:13-14 • 1 CORINTHIANS 6:19-20 • ROMANS 12:1 • ROMANS 8:11 • PROVERBS 31:30 • ROMANS 14:22 • 1 SAMUEL 16:7 • 1 SAMUEL 17:12 • GENESIS 29:17 • 2 SAMUEL 14:25 • 1 SAMUEL 25:3 • GENESIS 39:6 • 1 TIMOTHY 4:8 • LEVITICUS 19:28 • GENESIS 24:47 • EZEKIEL 16:12 • 1 CORINTHIANS 10:31