

Bringing your body into subjection...to you, the recreated spirit

By Ann Windsor



The New Creation that you have become serves God, Romans 1:9.

The New Creation you have become PRESENTS the body you live in TO God,

Romans 12:1

The New Creation you have become brings the body you live in into subjection.

The New Creation you have becomes makes YOUR BODY obey you the new creation as a slave obeys a master.

You the New Creation are not to let your body rule you, you rule your body.

Notice the pronouns 'you' and 'your', 'I' and 'my' as we go through these verses from 1 Corinthians 9.

Paul's Disciplined Life-Style

1 Corinthians 9:24-27

King James Version

24 Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. 25 And every man that **striveth for the mastery** is **temperate** in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. 26 I therefore so run, not as uncertainly; so

fight I, not as one that beateth the air: 27 But **I keep under** my body, and **bring it into subjection**: lest that by any means, when I have preached to others, I myself should be a **castaway**.

Defining Words:

'strives for the mastery': Greek #75: agōnizomai

- to enter a contest: contend in the gymnastic games
- to contend with adversaries, fight, labor fervently
- Metaphorically: to contend with adversaries, struggle, with difficulties and dangers
- to endeavour with strenuous zeal, strive: to obtain something

'temperate': Greek #1467 egkrateuomai

- to be self-controlled, continent
- to exhibit self-government, conduct, one's self temperately
- in a figure drawn from athletes, who in preparing themselves for the games abstained from unwholesome food, wine, and sexual indulgence

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'I keep under': Greek #5299 hypopiazō

Paul's suppressive treatment of his body, in order to keep himself spiritually fit. (Vine's Expository Dictionary)

'bring it into subjection': Greek #1396 doulagogeo

- to lead away into slavery, claim as one's slave
- to make a slave and to treat as a slave i.e. with severity, subject to stern and rigid discipline
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'Castaway': Greek #96 adokimos

- not standing the test, not approved
- properly used of metals and coins
- that which does not prove itself such as it ought
- unfit for, unproved, spurious, reprobate

Other readings:

The Living Bible:

24 In a race everyone runs, but only one person gets first prize. So run your race to win. 25 To win the contest you must deny yourselves many things that would keep you from doing your best. An athlete goes to all this trouble just to win a blue ribbon or a silver cup, but we do it for a heavenly reward that never disappears. 26 So **I run straight to the goal with purpose in every step.** I fight to win. I'm not just shadow-boxing or playing around. 27 Like an athlete I punish my body, treating it roughly, **training it to do what it should, not what it wants to.** Otherwise I fear that after enlisting others for the race, I myself might be declared unfit and ordered to stand aside.

The Message:

Run to win. All good athletes train hard. They do it for a gold medal that tarnishes and fades. You're after one that's gold eternally. I don't know about you, but I'm running hard for the finish line. I'm giving it everything I've got. No lazy living for me! **I'm staying alert and in top condition.** I'm not going to get caught napping, telling everyone else all about it and then missing out myself.

The Passion Translation

24 Isn't it obvious that all runners on the racetrack keep on running to win, but only one receives the victor's prize? Yet each one of you must run the race to be victorious. 25 **A true athlete will be disciplined in every respect, practicing constant self-control** in order to win a laurel wreath that quickly withers. But we run our race to win a victor's crown that will last forever. 26 For that reason, I don't run just for exercise or box like one throwing aimless punches, 27 but **I train like a champion athlete. I subdue my body and get it under my control**, so that after preaching the good news to others I myself won't be disqualified.

The Voice:

24 We all know that when there's a race, all the runners bolt for the finish line, but only one will take the prize. When you run, run for the prize! 25 Athletes in training are very strict with themselves, **exercising self-control over desires**, and for what? For a wreath that soon withers or is crushed or simply forgotten. That is not our race. We run for the crown that we will wear for eternity. 26 So I don't run aimlessly. I don't let my eyes drift off the finish line. When I box, I don't throw punches in the air. 27 **I discipline my body and make it my slave** so that after all this, after I have brought the gospel to others, I will still be qualified to win the prize.

Young's Literal:

...everyone who is striving, is in all things temperate; I chastise my body, and bring [it] into servitude.

Crowns To Be Won

The Five Christian Crowns



The Crown of Righteousness
(2 Timothy 4:8)



The Crown of Life
(James 1:12; Rev. 2:10)



The Crown of Glory
(1 Peter 5:4)



The Incorruptible Crown
(1 Corinthians 9:25)



The Crown of Rejoicing
(1 Thessalonians 2:19)

Gold, Silver, Precious Stones or Wood, Hay & Stubble?



1 Corinthians 3:10-15

King James Version

10 According to the grace of God which is given unto me, as a wise masterbuilder, I have laid the foundation, and another buildeth thereon. But let every man take heed how he buildeth thereupon. 11 For other foundation can no man lay than that is laid, which is Jesus Christ.

12 Now if any man build upon this foundation gold, silver, precious stones, wood, hay, stubble; 13 Every man's work shall be made manifest: for the day shall declare it, because it shall be revealed by fire; and the fire shall try every man's work of what sort it is.

14 If any man's work abide which he hath built thereupon, he shall receive a reward. 15 If any man's work shall be burned, he shall suffer loss: but he himself shall be saved;

The Living Bible:

10 God, in his kindness, has taught me how to be an expert builder. I have laid the foundation and Apollos has built on it. But he who builds on the foundation must be very careful. 11 And no one can ever lay any other real foundation than that one we already have—Jesus Christ. 12 But there are

various kinds of materials that can be used to build on that foundation. Some use gold and silver and jewels; and some build with sticks and hay or even straw! 13 There is going to come a time of testing at Christ's Judgment Day to see what kind of material each builder has used. Everyone's work will be put through the fire so that all can see whether or not it keeps its value, and what was really accomplished. 14 Then every workman who has built on the foundation with the right materials, and whose work still stands, will get his pay. 15 But if the house he has built burns up, he will have a great loss. He himself will be saved, but like a man escaping through a wall of flames.

The Prize: To Know Him Personally

....experientially, becoming more thoroughly acquainted with Him, understanding the remarkable wonders of His Person more completely.



King James:

Philippians 3: 13 Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, 14 I press toward the mark for the prize of the high calling of God in Christ Jesus. 15 Let us therefore, as many as be perfect, be thus minded: and if in any thing ye be otherwise minded, God shall reveal even this unto you.

Amplified: The Goal of Life

13 Brothers and sisters, I do not consider that I have made it my own yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, 14 I press on toward the goal to win the [heavenly] prize of the upward call of God in Christ Jesus. 15 All of us who are mature [pursuing spiritual perfection] should have this attitude. And if in any respect you have a different attitude, that too God will make clear to you.

Hebrews 12:1&2 Jesus, the Example



Amplified:

12 Therefore, since we are surrounded by so great a cloud of [a]witnesses [who by faith have testified to the truth of God's absolute faithfulness], stripping off every unnecessary weight and the sin which so easily and cleverly entangles us, let us run with endurance and active persistence the race that is set before us, 2 [looking away from all that will distract us and] focusing our eyes on Jesus, who is the Author and Perfecter of faith [the first incentive for our belief and the One who brings our faith to maturity], who for the joy [of accomplishing the goal] set before Him endured the cross, [b]disregarding the shame, and sat down at the right hand of the

throne of God [revealing His deity, His authority, and the completion of His work].

3 Just consider and meditate on Him who endured from sinners such bitter hostility against Himself [consider it all in comparison with your trials], so that you will not grow weary and lose heart.

Priority Grid:

Spirit	King
Soul (mind, will & emotions)	Servant
Body (5-senses)	Slave