

## What Will Our Bodies Be Like in Heaven?

Message 3 of 5 in the series: "Heaven"

### A. It is important for us as followers in Christ to think about Heaven much more than we have been.

"Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. **Think about the things of heaven, not the things of earth. For you died to this life, and your real life is hidden with Christ in God.**" Colossians 3:1-3 (NLT)

*Note:* Our actions reveal whether we think more about heaven or earth. "Dear brothers and sisters, pattern your lives after mine, and learn from those who follow our example. For I have told you often before, and I say it again with tears in my eyes, that there are many whose **conduct shows** they are really enemies of the cross of Christ. They are headed for destruction. Their god is their appetite, they brag about shameful things, and **they think only about this life here on earth**. But we are citizens of heaven, where the Lord Jesus Christ lives. And we are eagerly waiting for him to return as our Savior." Philippians 3:17-20 (NLT)

### B. We need to think about the brand-new bodies followers of Christ will have in Heaven.

"He will take our weak mortal bodies and change them into glorious bodies **like his own**, using the same power with which he will bring everything under his control." Philippians 3:21 (NLT)

#### 1. Our new bodies in Heaven will be far superior to the bodies we have now.

"Our bodies are buried in brokenness, but they will be raised in glory. They are **buried in weakness, but they will be raised in strength**. They are buried as natural human bodies, but they will be raised as spiritual bodies. For just as there are natural bodies, there are also spiritual bodies."

1 Corinthians 15:43-44 (NLT)

"That Sunday evening the disciples were meeting behind locked doors because they were afraid of the Jewish leaders. Suddenly, Jesus was standing there among them! 'Peace be with you,' he said."

John 20:19 (NLT)

#### 2. Our new bodies in Heaven will also have continuity with our bodies here on earth.

"But someone may ask, 'How will the dead be raised? What kind of bodies will they have?' What a foolish question! When you put a seed into the ground, it doesn't grow into a plant unless it dies first. And **what you put in the ground is not the plant that will grow, but only a bare seed of wheat or whatever you are planting**. Then God gives it the new body he wants it to have. A different plant grows from each kind of seed... It is the same way with the resurrection of the dead. Our earthly bodies are planted in the ground when we die, but they will be raised to live forever."

1 Corinthians 15:35-38 & 42 (NLT)

"As he spoke, he showed them the wounds in his hands and his side..." John 20:20a (NLT)

"...Jesus took Peter and the two brothers, James and John, and led them up a high mountain to be alone. As the men watched, Jesus' appearance was transformed so that his face shone like the sun, and his clothes became as white as light. Suddenly, **Moses and Elijah** appeared and began talking with Jesus." Matthew 17:1-3 (NLT)

#### 3. Our new bodies in Heaven will never again struggle with sin/suffering/pain/death.

"Against its will, all creation was subjected to God's curse. But with eager hope, the creation looks forward to the day when it will join God's children in glorious freedom from death and decay. For we know that all creation has been groaning as in the pains of childbirth right up to the present time. And we believers also groan, even though we have the Holy Spirit within us as a foretaste of future glory, for **we long for our bodies to be released from sin and suffering. We, too, wait with eager hope for the day when God will give us our full rights as his adopted children, including the new bodies he has promised us.**" Romans 8:20-23 (NLT)

*Note:* We will need new bodies in heaven because our physical bodies aren't able to last forever. "What I am saying, dear brothers and sisters, is that our physical bodies cannot inherit the Kingdom of God. **These dying bodies cannot inherit what will last forever.**" 1 Corinthians 15:50 (NLT)

### C. Three ways thinking about our bodies in Heaven should impact our lives right now:

1. Since our earthly bodies won't be going with us to Heaven, we should focus on developing godly character rather than obsessing over outward appearance.

"...though our outer man is decaying, yet **our inner man** is being renewed day by day".

2 Corinthians 4:16b (NASB)

"Physical training is good, but **training for godliness is much better**, promising benefits in this life and in the life to come." 1 Timothy 4:8 (NLT)

"Don't be concerned about the outward beauty of fancy hairstyles, expensive jewelry, or beautiful clothes. You should clothe yourselves instead with the **beauty that comes from within**, the unfading beauty of a gentle and quiet spirit, which is so precious to God." 1 Peter 3:3-4 (NLT)

2. Since our bodies in Heaven will be a massive upgrade, we shouldn't be afraid of aging or dying.

"For we know that when this earthly tent we live in is taken down (that is, when we die and leave this earthly body), we will have a house in heaven, an eternal body made for us by God himself and not by human hands. We grow weary in our present bodies, and we long to put on our heavenly bodies like new clothing. For we will put on heavenly bodies; we will not be spirits without bodies. **While we live in these earthly bodies, we groan and sigh**, but it's not that we want to die and get rid of these bodies that clothe us. Rather, **we want to put on our new bodies so that these dying bodies will be swallowed up by life.**" 2 Corinthians 5:1-4 (NLT)

"...when our dying bodies have been transformed into bodies that will never die, this Scripture will be fulfilled: '**Death is swallowed up in victory.** O death, where is your victory? O death, where is your sting?' For sin is the sting that results in death, and the law gives sin its power. **But thank God! He gives us victory over sin and death through our Lord Jesus Christ.**" 1 Corinthians 15:54-57 (NLT)

3. We inherited a sin nature and a fallen physical body from Adam & Eve. As a result, this side of Heaven, we will crave all kinds of sinful things that will harm/destroy us. Therefore, we should discipline our bodies and surrender every part of our lives to the control of the Holy Spirit.

"**I discipline my body like an athlete, training it to do what it should.** Otherwise, I fear that after preaching to others I myself might be disqualified." 1 Corinthians 9:27 (NLT)

"Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. For if you live according to the flesh, you will die; but if **by the Spirit** you put to death the misdeeds of the body, you will live." Romans 8:12-13 (NIV)

"For God is working in you, giving you **the desire and the power** to do what pleases him."

Philippians 2:13 (NLT)

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### Connect Group Questions:

1. When were you in the best shape of your life? Why can't we stay in perfect shape forever?
2. Why do you think it's important to think about Heaven and ponder things like what our bodies in Heaven will be like? (Colossians 3:1-3, Philippians 3:17-21)
3. Discuss the following statements:
  - Our new bodies in Heaven will be far superior to the bodies we have now. (John 20:19, 1 Corinthians 15:43-44)
  - Our new bodies in Heaven will have continuity with our bodies here on earth. (Matthew 17:1-3, John 20:20, 1 Corinthians 15:35-42)
  - Our new bodies in Heaven will never again struggle with sin/suffering/pain/death. (Romans 8:20-23, 1 Corinthians 15:50)

Which of these statements means the most to you? Why?

4. Discuss the following ways thinking about our bodies in Heaven should impact our lives:

- Since our earthly bodies won't be going with us to Heaven, we should focus on developing godly character rather than obsessing over outward appearance. (2 Corinthians 4:16, 1 Peter 3:3-4, 1 Timothy 4:8)
- Since our bodies in Heaven will be a massive upgrade, we shouldn't be afraid of aging or dying. (1 Corinthians 15:54-57, 2 Corinthians 5:1-4)
- We inherited a sin nature and a fallen physical body from Adam & Eve. As a result, this side of Heaven, we will crave all kinds of sinful things that will harm/destroy us. Therefore, we should discipline our bodies and surrender every part of our lives to the control of the Holy Spirit. (Romans 8:12-13, 1 Corinthians 9:27, Philippians 2:13)

5. Discuss the following quotations:

"I still can hardly believe it. I, with shriveled, bent fingers, atrophied muscles, gnarled knees and no feeling from the shoulders down, will one day have a new body, light, bright, and clothed in righteousness - powerful and dazzling." Joni Eareckson Tada

"Think about the comfortable feeling you have as you open your front door. That's but a hint of what we'll feel some day on arriving at the place our Father has lovingly and personally prepared for us in heaven. We will finally - and permanently - be 'at home' in a way that defies description." Charles Stanley