

# Sermon Starter – Talking About Our Bodies

Paul calls the church to unity as “one body and one spirit.” As maturing Christians, we are equipped in different ways for one purpose: to build up and to be the body of Christ. One way we have historically failed to equip one another, and to build up one another, is our theology of the body. By not dialoguing openly and honestly about gender, gender roles, sexuality, orientation, singleness, fidelity, boundaries, sexual abuse, and other topics, our implicit theology says we should clothe the human body in shame. Body talk has largely been off the table. Or, possibly worse, we bring these topics up in ways that do not build us up. We wait to talk until a situation is either traumatic or we are in conflict. Keeping discussions of sexual abuse or pornography quiet, however, allows these evils to grow. Talking only about marriage can be problematic for single people, who may or may not be satisfied with singleness. Fidelity and relationship boundaries are often taboo subjects considered too uncomfortable to discuss in church. Gender roles and body image are topics often used in ways that shame one group or another.

The body of Christ must find better ways to open places for discussion about our physical bodies. This is less a time to moralize and more a time about opening the topics to discussion. We are one body of adult believers who should be able to talk and listen to one another in open, healthy conversations.

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