

**Cultivating our Appetite for God: Enjoying  
2 Samuel 6, 1 Timothy 6:17-19, James 1:16-18  
Sermon Outline**

**Introduction:** One way to cultivate our appetite for God is to learn to enjoy him with our bodies. Why should we do this? How can we do it?

**I) Why should we enjoy God with our bodies?**

**A) Because God made us with bodies**

*Genesis 2.7: Then the LORD God formed the man of dust from the ground and breathed into his nostrils the breath of life*

Our great hope is resurrection: *2 Cor. 5.5:...we groan...that we would be further clothed*  
God himself took a body

**B) Because God fills our lives with things to enjoy**

- 1) *1 Tim. 6.17:...God...richly provides us with everything to enjoy*  
*James 1.16: Every good gift and every perfect gift is from above*  
*2 Sam 6.14: David danced with all his might*

2) Meaning for us

- Don't feel guilty or ashamed about your body
- Enjoy physical pleasures in God's company

**II) How do we enjoy God with our bodies?**

**A) Make our physical life more worshipful**

**B) Make our worship life more physical**

- 1) David danced and Michal was rebuked
- 2) No precise rules on how to make worship more physical
  - We are all different
  - 2 Sam 6 is narrative: descriptive, not prescriptive
  - David did not dance for the sake of dancing—but in genuine response to God
- 3) Making worship more physical

**C) Get help from Jesus**

David's dance and Jesus' "dance"  
Jesus' "dance" and ours

### Questions for Reflection this Week

- 1) When in the film, "Chariots of Fire", Eric Liddle's sister Jenny challenges him about taking time away from missionary work to prepare for the Olympics, Eric responds: "O Jenny. God made me for China. But he also made me fast. And when I run I feel God's pleasure." What is Eric saying? Do you agree?
- 2) What, according to 2 Corinthians 5:4-5 is going to happen to our bodies? Why?
- 3) Read 1 Timothy 6:17-19 and James 1:16-18. List all the physical pleasures you can think of. What, according to Paul and James, is God's attitude toward these pleasures?
- 4) According to Paul and James, how does God want us to think about and enjoy physical pleasures? What difficulties do you have with this? How can you make your physical life more worshipful?
- 5) Are we all supposed to dance in public worship? Why/why not? Compare David's and Michal's attitudes toward David's dancing. Are you more like David or more like Michal? Why?
- 6) Should you be more physical in your worship? Why/why not? If so, what might you do to change?
- 7) Think of Jesus' life as a dance before the Lord and compare it to David's dance in 2 Sam 6. What parallels do you see? What differences? Read Hebrews 10:5-10 and then spend time giving Jesus thanks for offering his embodied life to God as a substitute for your own.