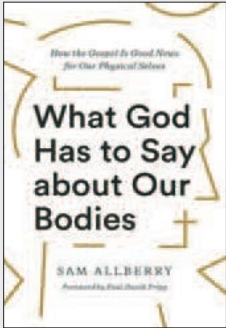


Reviews

book: *What God Has to Say about Our Bodies*



What God has to say about Our Bodies:

How the Gospel Is Good News for Our Physical Selves
Sam Allberry

Crossway, 2021, £12.99 208pp
ISBN: 9781433570186

Eleanor Sture is a CMF Deep:ER Fellow and medical student in Edinburgh

Our bodies are not just the tupperware container to store the real us, our souls; they are intrinsic to who we are. Our bodies and souls are equally important. In this book, Sam Allberry unpacks why we have bodies, what happens when they go wrong, and how the Gospel means that we can look forward to enjoying the new creation in a resurrected body.

When we base so much of our identity on our appearance, and society tells us we must *uncover our true self* and simultaneously *can be anyone we want to be*, it is easy to become wrapped up in confusion and heartache. Here, the author helps us think practically through what it means to be fearfully and wonderfully made, and how we can change the narrative. This book isn't afraid to tackle the big issues, such as transgenderism, eating disorders, and death, from the perspective of biblical truth, while being written with great compassion and understanding.

Do you not know that your bodies are temples of the Holy Spirit...You are not your own; you were bought at a price. Therefore, honour God with your bodies.
(1 Corinthians 6:19-20)

We could feel trapped and restricted knowing that our bodies do not belong to us alone; however, belonging to Jesus is the way to true freedom. We are joined to Christ in everything we do, and it is a fantastic truth that he desires our whole selves, including our bodies, that we are so often embarrassed about.

I would recommend this book to anyone who has a body. ■

NEW

CMF
**QUICK
GUIDE**

A SERIES OF QUICK
INDIVIDUAL SUBJECT
GUIDES BY CMF

GUIDE: 01

GENDER IDENTITY & TRANS IDENTIFICATION

FOR YOUTH WORKERS

FOR PASTORS

FOR PROFESSIONALS

FOR PARENTS

AVAILABLE FOR
DOWNLOAD AT:
cmf.li/QG01-GITI