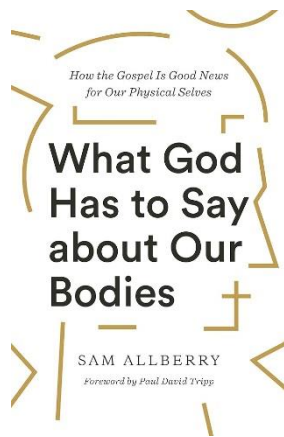


E-Vine for October 17, 2024



Pastor Mike's Bookshelf

What God Has to Say about Our Bodies: How the Gospel is Good News for Our Physical Selves

Sam Allberry

God did not make us as disembodied spirits. We have bodies. We are physical beings. The fulfillment of our Christian hope is the resurrection of our bodies. And the source of that hope is the Word that became flesh, who lived, died, and bodily rose from the dead.

In this book Sam Allberry explores what it means for us that we have physical selves. Sometimes we take our bodies for granted. Other times, we're profoundly disappointed in them. Allberry highlights the importance, in spite of difficulties with our bodies, of taking to heart that we are "fearfully and wonderfully made" (Psalm 139:13). All of this factors into how we think about gender, sexuality, aging, illness and death. And, of course, the meaning of the resurrection that we confess in the creeds each week.

This particular area of theology has not received a lot of attention until recently. The contemporary discussion regarding the meaning of gender have sparked an interest in digging into the Scriptures for insight and guidance on this topic. This is one of several that have been written in the past few years. One thing I like about Allberry's treatment is his very down-to-earth language. This is not a treatise written for the academic, but rather for people in their everyday life seeking to better understand the meaning of God's gift of our bodies.

Previous recommendations can be found here: <https://stjohnslutheran.net/pastor-mikes-bookshelf/>