



Webinar: Your Body Is For Ability Not Vanity: How To Live An Embodied Faith Alisa Keeton

Your body is fearfully and wonderfully made to spread the love of God; to make love seen.

What is vanity?

Vanity is excessive pride in one's appearance. Excessive. Focusing on it so much that if you don't have it, your life feels less than. There's something that then affects your ability to live and to love God and others. If you are prone to obsessing over or neglecting your body, it's often because there's an excessive focus on those things. And what we focus on gets larger.

Vanity is constantly moving.

The target for what the world say's is the goal is always changing. Solomon, the wisest man to have lived, said all the toiling for the things of this world are all vanity. It's like chasing after the wind. The target will move. And in a moment that will be gone.

The body is something God created. It is good. You will have a resurrected, regenerated body in the new heaven and new earth. There's nothing wrong with wanting to dress it up and enjoy beauty. But it's the excessiveness.

Focusing on the way your body looks comes from living in a cultural moment where a group of people are very devoted to a set of beliefs about how one should eat, look, or live.

"Diet culture is a set of social expectations telling us there's one way to be and one way to look and one way to eat and that we are a better person, we're a more worthy person if our bodies are a certain way." Nadia Craddock

Almost 8 out of 10 girls (79%) and even more women (85%) admit to opting out of important events in their lives when they don't feel like they look their best.



Culture cannot be created around a cause, but rather a group of people devoted to a king and His kingdom. We were always created to be a theocracy. When you focus on vanity and how your body looks, you are more committed to a cause than to a king. We were created for a king - a kind, benevolent King.

“When they came, he looked on Eliab and thought, ‘Surely the LORD’s anointed is before him.’ But the LORD said to Samuel, ‘Do not look on his appearance or on the height of his stature, because I have rejected him. For the LORD sees not as man sees: man looks on the outward appearance, but the LORD looks on the heart.’” 1 Samuel 16:6-7

The Lord sees not as man sees. The Lord sees not as I see. We cannot see things rightly because of sin. When we are focused on what we can see, we miss the thing that God is keeping His eyes on: our hearts. Out of our heart, flows our life.

Pressure off. In your obsessing or neglecting turn to Him. It’s the perfect set up for you and Him to have a deeper conversation, intimacy and relationship that then renews your mind to see what He sees. God looks at the heart. He sees your effort. He sees you wanting to break free.

What are you treasuring? Where is your treasure?

Your body is allowed to be any shape or size you want it to be as long as you have the heart God wants you to have.

If you’re looking for a definite beauty standard for your life, look to the God of infinite beauty who made you to display your image. He gave you a body no eye has ever seen to make heaven seen.

Health and unhealth can come in all shapes and sizes. It’s chasing after the wind to try to get your body to look a certain way or stay a certain way.



You may get physical health and Jesus. But you always get Jesus. Whether we are abounding or abasing, have hunger or need, we get Jesus. That is a type of image we are here to display, not what the world says. And so we press on towards the goal.

The world will always change the goal, but when your body is about ability, you know what the goal is.

Ability. God gave you life so that you would have the ability to make Him known. Your life is about energy and ability not vanity.

Every person has these three forms of energy: time, money and ability.

TIME: how we spend our time yields a return. Input yields output. What are you doing with your time? What is your mission? What are you looking at? What images are you spending time with? Are you in the Word of God? Are you letting His Word create images in your mind of what the Kingdom of God is like?

Ability is our greatest form of energy. If you take time and marry it to your ability, then comes money. Money isn't the root of all evil, but the love of money is. Our bodies, our storehouse of energy, cannot be where our treasure lies. You are a lighthouse for the glory of God. When it comes to our bodies, God cares more about how they are working, not how they are looking. Jesus never healed cellulite, or increased someone's muscle size or boob size. He saw people whose bodies didn't work the way they were designed to work and so He healed. "God I don't see what you see, help me with my heart."

Body image vs body schema. Body image is concerned with how your body looks, where body schema is how your body moves. Body image is about the external appearance, but a schema is what makes you move.

Body dysmorphia is a mental health condition in which you can't stop focusing on your perceived flaws and in effect can cause social anxiety.

You're an image bearer...bear His image! People don't care about what you look like.



Vanity is caused by anxiety where ability is the effect of energy.

Instead of the focus on ourselves, let us ask ourselves: 'how can I bring heaven here right now? How can I tap into the ability that God has given me to make heaven see?'

"Mother Teresa didn't walk around complaining about her thighs, she had *!#@ to do!" Sarah Silverman

You have stuff to do. Good works that you have been created to do (Ephesians 2:10). Your body is for ability not vanity.

The Gospel is for our bodies just as much as it is for our hearts, our souls and our thinking. The Kingdom of God is a fighting battle here on earth to give the body of Christ, her body back. That's what we do at Revelation Wellness.

Questions to consider:

1. Who told you something is wrong with your body?
2. Do you sit down to eat?
3. Are you a voice or an echo?
4. Do you belong to confounding community?

Dive deeper into how to get free, stay free, and set others free through Revelation Wellness [Instructor Training](#)