**A Body You Have Prepared for Me**

*Hebrews 10:5-10*

**Introduction**

1. The scripture as a whole drives home the point of the helplessness of the human condition after sin’s entrance.
   1. This is especially the emphasis of the Old Testament.
   2. **Romans 3:19-20** – all become guilty before God. (No justification through the Law.)
   3. **Romans 7:13** – made sin appear to be exceedingly sinful.
   4. **Galatians 3:24** – tutor bringing us to Christ to be justified by faith.
2. The book of Hebrews indicates on several levels that Jesus and the New Covenant He ratified is better.
3. One way was by showing the nature of the sacrificial system under the Old Law – **Hebrews 10:1-4** – shadow not image, can’t make perfect by purification of conscience, continual reminder of sins year after year (vast volumes of blood insufficient).
4. This sacrificial system was God’s will, but not God’s plan for the salvation of man – **Hebrews 10:5-10** – Jesus’ body would be offered as the sufficient sacrifice for sins.
   1. The Psalm quoted brings depth to understanding the sufficiency of Christ’s sacrifice…
   2. And also in its own context gives us thought concerning our proper response.
5. The All-Sufficient Sacrifice of Christ
6. **Hebrews 10:10** – ***“once for all”***
   1. ***“for all”*** – supplied, not translated.
   2. ***“once”*** – *ephapax* – strengthened (epi) form of hapax.
      1. *Hapax* – ***“once for all,”*** of what is of perpetual validity, not requiring repetition, (VINE)
      2. Contrast – **(vv. 1-4, 11-14)** – continual, year after year, NEVER ENOUGH.
   3. What made Christ’s sacrifice so sufficient?
7. It Was Offered by God
   1. ***“a body YOU have prepared for Me…To do YOUR will, O God” (Hebrews 10:5, 7).***
   2. There was nothing we could offer God that truly came from us – the OT sacrificial system showed this.
   3. **Psalm 50:7-15** – not that the sacrifices weren’t required, but correcting the mistaken pagan thought that God needed, or could be actually satisfied with these mere offerings.
   4. **Micah 6:6-8** – hyperbole to stress that nothing would do, but what God wants is our faithfulness.
   5. God had to offer the sacrifice we needed because there was nothing we could offer ourselves that would satisfy the requirement for sin:
      1. Still without strength – **Romans 5:6-8** (God’s love demonstrated)
      2. God will provide – **Genesis 22:7-8, 14** – Jehovah-jireh.
8. It Was a Free-Will Offering of a Pure Human Victim
   1. ***“Then I said, ‘Behold, I have come…” (Hebrews 10:7).***
      1. Jesus was not forced, nor did He come reluctantly, but willingly. (Contrast to animals.)
      2. **John 10:17-18** – lays down His life Himself.
      3. **1 Timothy 2:5-6** – gave Himself a ransom for all.
      4. **Philippians 2:5-8** – He humbled Himself and did not consider equality with God something to be held on to.
      5. Etc.
   2. ***“a body you have prepared for Me” (Hebrews 10:6).***
      1. Literal body – **John 1:14; 1 John 4:2-3** – has come in the flesh.
      2. Sinful flesh – **Romans 8:3** – not inherently, but prone to sin **(cf. Galatians 5:17)**.
      3. ***“was in all points tempted as we are” (Hebrews 4:15).***
   3. ***“Then I said, ‘Behold, I have come – In the volume of the book it is written of Me – To do your will, O God” (Hebrews 10:7).***
      1. ***“yet without sin” (Hebrews 4:15).***
         1. ***“Whoever commits sin also commits lawlessness, and sin is lawlessness.” (1 John 3:4)***
         2. Sin is going against God’s will/law.
      2. Jesus came to submit to God’s law, and did in every way (culminating in God’s will for His sacrifice):
         1. **Matthew 5:17** – did not come to destroy but fulfill.
         2. **Matthew 4:4; John 4:34** – Jesus’ whole life was centered on God’s will – it’s what He lived for, and He did it flawlessly.
         3. **Matthew 26:39** – prayed in deference to God’s will.
         4. **Hebrews 5:8; Philippians 2:8** – obedient to the point of death on the cross.
      3. Ultimately, He was the Word incarnate – **John 1:14** – the true embodiment of God’s will. (**cf. Colossians 2:9** – fullness of Godhead bodily)
   4. **Hebrews 9:14; 10:12-14** – offering without spot, sat down, perfected forever.
9. The Reciprocal Living Sacrifice
10. Our Spiritual Service
    1. **Romans 12:1-2** – forms a transition to the last half of Romans, the practical application – the “so what” of all he laid down about the doctrine of salvation by grace through obedient faith.
       1. **(v. 1a)** – call based on the ***“mercies of God”*** – expressed in Jesus.
       2. **(v. 1b)** – bodies a living sacrifice.
       3. **(v. 2)** – renewing of mind by God’s law necessary for such sacrifice.
    2. **Our bodies are an integral part of our service to God** – like in the case of Jesus, they were given to us in order to accomplish what God calls us to.
11. ***“A Body You Have Prepared For Me”/ “My Ears You Have Opened”***
    1. The HS showed that **Psalm 40:6-8** especially applied to the Christ:
       1. “You, God, are not pleased with mere animal sacrifices, but have prepared a body for Me to be the perfect sacrifice. So, I come just as Your word predicted of Me to do Your will by sacrificing Myself.”
       2. Quoting the LXX.
    2. However, a look at the context of the Psalm itself will show a direct application to ourselves.
    3. **Psalm 40**
       1. **(vv. 1-5)** – Great deliverance from trial and adversity.
       2. What offering can one bring after such deliverance?
          1. Have you ever had someone do something for you that seemed unrepayable?
          2. How do you respond to such a gracious gift?’
          3. With God, it is infinitely greater. How do we respond?
       3. **(v. 6ac)** – the sacrifices of animals were never needed by God, nor could they satisfy His wrath, and are insufficient in regard to expression of gratitude (**cf. Micah 6:6-7; Psalm 50:12-15**).
       4. **(v. 6b)** – ***“My ears You have opened”***
          1. **Isaiah 50:4-5** – an ear for hearing, and obeying.
          2. David’s echo of Samuel – **1 Samuel 15:22** (in response to King Saul’s excuse in sparing Amalek)
       5. **(vv. 7-8)** – the proper response of the Psalmist – to hear the book of the Law, and delight to do it.
    4. God has given us our body, ears included, for His service – **1 Corinthians 6:20**
       1. Like Christ – ***“a body you have prepared for Me”*** – ultimately for sacrifice, but for doing His Father’s will in any and every way.
       2. **1 Corinthians 10:31** – all to the glory of God.
    5. **Romans 6:12-13** – Not presenting body to unrighteousness, but righteousness. (NOTE: ***“instruments”***)
    6. ***“Sacrifice and offering You did not desire” (Psalm 40:6)***.
       1. Going through the motions doesn’t cut it.
       2. God wants us to assemble, read the bible, do our Bible lessons, etc.
       3. But He doesn’t desire it as a surface action with little or no conviction/sincerity or consistency – “playing church.”
    7. ***“My ears you have opened…I delight to do Your will, O my God” (Psalm 40:6, 8)***
       1. He wants sincere and full surrender in every aspect of our lives to His will.
       2. He wants to occupy every space of our mind and heart.
       3. He created us for this very purpose.

**Conclusion**

1. When Jesus came into the world He had a singular focus – to fulfill His Father’s will.
2. He never viewed Himself in human form separate from that task – His body was for that service, and that service alone – this to the bitter end of sacrificing His body.
3. Likewise, God has blessed us with physical life, and has given us a body as an instrument of service to Him.
4. We must not view our body as our own, but as something belonging the Lord that has been entrusted to us as stewards. We must live to serve and glorify Him.
5. We must use our bodies as a living sacrifice in service to God.