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2-27-2024

YOUR BODY – GOD’S TEMPLE

When Adam’s body was formed in creation, it was lifeless until God breathed the spirit into him. God’s life was placed into Adam, and Adam became a living soul as a temple for God’s life to live in.

As new covenant believers, we are told in 1 Corinthians 3:16-17, (NKJV) ***“Do you not know that you are the temple of God (the Father) and that the (Holy) Spirit of God dwells in you? If anyone defiles the temple of God, God will destroy him. For (because) the temple of God is holy, which temple you are.”***

This point is so important that it is re-emphasized in 1 Corinthians 6:19-20. ***“...do you not know [or understand] that your body [physical body] is the temple of the Holy Spirit [sent from the Father] who is in you; whom you have from God, and you are not your own. For you were bought at a price [the blood of Jesus], therefore glorify God in your body and [as well as] in your [own human] spirit, which are God’s.”*** God owns us.

Let us look at 1 Corinthians 3:17 again. It says that if we defile His temple, our body, God will allow our body to be destroyed. One way in which we defile our body is making our physical temple of God unclean. This may come through the use of tobacco, alcohol, and gluttony, all of which are harmful to our physical temples. The medical profession has spoken of many diseases brought on by the tobacco usage, yet some ignore these warnings, even Christians, and continue to use them. Alcohol can also harm the body, specifically the liver, and cause mood changes. It can destroy families and kill innocent people. Yet, many professing Christians continue to consume it. Gluttony is a subject that most avoid, but our temples are often destroyed by a lifestyle of wrong eating. Scripture tells us to not defile our bodies in such a manner.

There are many other ways in which one can defile their physical bodies, God’s holy temple. We must examine ourselves to see how any defilement applies to us individually. Then, we must repent, clean up ourselves, and live holy.

Ask the Holy Spirit to show you anything that needs to change in your lifestyle. Be honest with Him, and he will help you to overcome these things.