

Your Body Is A Temple Of The Holy Spirit

'Do you not understand that you are the temple of God and that the Spirit of God, the Holy Spirit, lives in you? If anyone destroys the temple of God, God will destroy them, for the temple of God is holy and so you as His temple, are holy' (1 Corinthians 3:16 & 17).

'Do you not know your body is the temple of the Holy Spirit Who lives within you, Whom you have received as a Gift from God? You are not your own. You were bought with a price (purchased with Jesus' blood). Therefore, glorify God in your body and in the Spirit, which belong to God' (1 Corinthians 6:19 & 20).

We Christians must not become proud and boast of our righteousness. We must always have the thought, "But for the grace of God, go I." We are all sinners but thank God He has saved us from all unrighteousness and has washed us in His blood. As followers of Jesus our lives should be different. As Christians, our lives have been changed; we have been washed from sin and forgiven. Jesus has washed, sanctified and justified us through the power of the Holy Spirit (1 Corinthians 6:11).

We are especially thinking about our bodies. The human body is God's greatest creation. We have been wonderfully made. 'For You did form my inward parts; You did knit me together in my mother's womb. I will give thanks to You for I am fearfully and wonderfully made. Your works are wonderful. My soul knows that very well' (Psalm 139:13 & 14).

Some people in the world today are often so preoccupied with beautifying the outer body, they do not think that there is more to them than just the flesh. We all have a soul which is a whole other area of human life. For Christians there is a whole lot more even than that. We are not just body; not just spirit or soul but our bodies are a temple for God to dwell in. He no longer dwells in a man-made temple; He dwells in us; in our bodies. This knowledge is both exciting and daunting; we have great joy but also great responsibility. The temple is sacred; a place of worship; a place where God lives. That means at least four things; (1), as a temple, our bodies are designed for the worship of God and His service. 'I appeal to you therefore, by the mercies of God, to offer your bodies as a living sacrifice, holy and acceptable to God, which is your reasonable service' (Romans 12:1). (2), this is the place where God lives. God, Who is Spirit, lives within us. That should bring us a sense of great joy. There are two people who live in this temple; one is the individual and the other Person is the Spirit of God. That gives us a great responsibility to keep our 'house' clean because we cannot expect God to live in an unclean temple. (3), our bodies are sacred. It is sacred because it is a place of worship; a place where the Holy Spirit lives and (4), our bodies do not belong to us. We were bought by Jesus' blood and we are not our own. He created us, He bought us, He owns us and He has moved in! When we receive the Holy Spirit, we are indwelt by God and He has control of our lives. That is the way life should have been since Adam, but we know Adam disobeyed and we were lost. Once we receive the Holy Spirit, God comes in to put it right again. Jesus has redeemed us and bought us back. God has owned us twice. First, when He created us and again when Jesus redeemed us. He bought us, body, soul and spirit.

What is the logical outworking of God owning our bodies? If we can receive this truth in our hearts then we will honour God with our bodies. We have to make sure everything we do and say glorifies Him. Many people will think, "But what about my rights? I can do anything I want with my body." That thought is rebellion against God. We are not our own, we belong to Him and He owns us. He created us to love Him, and that includes worship. We are to serve Him which includes total obedience. Jesus said, "Not My will but Yours be done" (Luke 22:42).

As God's people we have been lifted up to a higher place; a place that the world cannot understand. Just as the Jewish Christians were released from the laws of Moses in regards to animal sacrifices and food, so we have been set free from the law of sin and death, because we now have the Spirit of life dwelling within us. 'There is no condemnation for those who are in Jesus, who walk not after the flesh but after the Spirit, for the law of the Spirit of life which is in Jesus, has freed us from the law of sin and death' (Romans 8:1 & 2).

Christians no longer have to provide an animal for sacrifice and go through an earthly priest as the Jews had to. We can now respond to the prompting of the Holy Spirit through the sacrifice of our Great High Priest (Jesus) Who was the final sacrifice. Christians have been lifted out of the carnal rules of this world and set free. We are totally free from the binds of sin. 'God's love has been poured into our hearts through the Holy Spirit Who has been given to us ... God shows His love for us by the fact that while we were still sinners, Jesus died for us' (Romans 5:5 & 8). The rest of Romans and the whole book of Galatians, explains all this in detail.

This body of flesh will one day be destroyed and we will be given a new resurrected body, but in the meantime, while we are on this earth, we need to honour God in our bodies. 'Food is for the stomach and the

stomach is for food but God will bring an end to both. The body is not for sexual immorality but for the Lord and the Lord is for the body' (1 Corinthians 6:13). They go together just as we are one with Him; closely linked together. Remember this; wherever we go, God goes with us so think on this. Would we invite the Lord to a dirty, sexually explicit movie? No? Then do not go there. Would we take the Lord to a public bar and ask him to watch us get drunk? No? Do not go there. Would we take the temple of God and fill it with alcohol, illegal drugs, unhealthy food or cigarettes? Never! Would we invite the Lord to join with us in an unclean act of immorality? Never! It would be totally insulting to God. Christians must flee from all sin and immorality. The Lord and the Christian are eternally linked together, so we need to be sensitive to the purity of the Holy Spirit and do not expect Him to go to places that do not honour God, and wherever we go, He goes. We are joined with Him as one. If we see sin coming in whatever form, we must flee from it, just as we would if there was a tsunami coming our way. We cannot play with immorality. We must flee from it or it will destroy us. We are told not to be conformed to this world, but be transformed by the renewing of our minds, so that we may prove what is the good, acceptable and perfect will of God (Romans 12:2).

Christians need to deliberately choose to do what is right, good and pleasing to God, and to stand up for righteousness. We need to be good stewards and choose carefully what goes into our bodies. We need to choose healthy food and drink; shun unhealthy food, drugs and alcohol. We need to be good stewards and control what we think, see and hear; shun unclean thoughts, and not watch unclean movies or listen to evil speech. We need to be careful about what music comes to our ears. We ought to only listen to music that honours God. 'Whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is kind and gracious, if there is any virtue, if there is anything worthy of praise, think on these things (fix our minds on them)' (Philippians 4:8).

We need to avoid whatever stimulates us the wrong way. Christians need to be good stewards with what we do and follow the examples of Jesus. We need to live the way He did and avoid things that dishonour or displease the Lord. We need to be good stewards about what we will allow other people to do to our bodies. There are many things that are not appropriate for a Christian to allow, such as tattooing, acupuncture and many piercings. We read in the scriptures something that might upset some people. 'You shall not make any cuttings in your flesh ... nor print or tattoo any marks upon you; I am the Lord' (Leviticus 19:28). What we have here is the unchanging word of God and His Word is always right, even if some people disagree with Him. If we disagree with Him, we need to humble ourselves, repent and ask Him to show us what is right. Simply put; tattoos are sin. It does not matter when this was written, it is the Word of God and we must obey. God does not change and our bodies are the temple of the Holy Spirit. Remember He is the Holy Spirit and therefore we must be holy. Young ladies must not allow the boyfriend to do what he likes with her body and violate her. Ask yourself this question. Would Jesus do any of these things written in these last four paragraphs? No! Never! A million times, no! He would never do any of these things and He is our example. If we follow His example, there will be no shame.

We know our bodies are the temple of the Holy Spirit, but we need to keep it at the top of our minds; keep reminding ourselves daily, walk in habitual holiness. We need to honour Him, please Him, worship Him and enjoy His endless presence. 'To Him who is able to keep us from stumbling and to present us faultless before the Presence of his glory in exceeding joy, to God our Saviour Who alone is wise, be glory and majesty, dominion and power, both now and forever, Amen' (Jude 1:24 & 25).

Amen and God bless you.

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