*Devotion topic My Body is the Temple.*

**Scripture Reading - 1 Corinthians 6:19-20**

Day 5 – How can we protect our body, the temple of God (Part 1)

**Psalms 139:14** reminds us that we are fearfully and wonderfully made. This speaks of the care and attention given when God made us. Fearfully and wonderfully made is how King David describes God's creation of human beings. David praised God for his marvellous work called the human body.

Paul explains in **2 Corinthians 6:16-17**, that God would dwell in men by the power of his Spirit. If our body is to serve as a temple or dwelling place for the Holy Spirit, God has specific expectations about how we should treat and care for our bodies.

The human body is likened to a temple in scripture and requires the right habits from us. We are accountable to God for the way we treat our bodies, the world is filled with opportunities to abuse our bodies such as with chemicals, illegal substances, overeating, high stress lifestyle. Regularly people push themselves harder and work longer hours to accomplish more and more for material gain. Unfortunately, we are often guilty of taking our body for granted by neglecting ourselves in various ways. Our bodies are intended to be holy instrument for God's special usage. Therefore, let us take good care of it and use it for God's purposes.

**Reflection**

The human body is a unique design of multiple systems that all work intricately together. As stewards of our bodies, we have a responsibility to care for them in the best way possible. Just as a temple is maintained and kept clean, we can honour God by taking care of our bodies and treating them with respect. As mentioned in **1 Corinthians 6:19-20**, our bodies are not our own and we were bought with a price. Therefore, anything that we do that does not glorify God defiles the temple of God.

**Prayer**

Lord, you have created our bodies in your image. We want to become more like you. We know that we should care for our bodies in a way to honour you, my God. Show us how we should treat our bodies like a temple. Teach us to make the right decisions continually to improve our health. We pray in the name of Jesus.

*Amen.*

**22222222222222222 288**

**27th NLDNUK TRUSTEE MEETING**