

S.O.H.L.

WEEKLY MINISTRY MEDITATIONS

Pronounced "Soul"

January 18, 2016

Unsanitary Habits

1 CORINTHIANS 3:16-17 (NKJV) – (16) Do you not know that you are the temple of God and *that* the Spirit of God dwells in you? **(17)** If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which *temple* you are.

Instructing the Christians in Corinth to flee from sexual immorality, the apostle Paul exhorted, "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body" (**1 Corinthians 6:19-20**). Indeed, God the Father created our bodies, God the Son redeemed them, and God the Holy Spirit indwells them. This makes our body the very temple of the Holy Spirit of God.

Those who do not belong to Christ do not have the Spirit of Christ residing in them (**Romans 8:9**). Thus, their bodies are not a temple of the Holy Spirit. Clearly, then, the greatest thing we can do for our bodies is to make them into a temple for God's Spirit. And we do this by placing our trust and faith in Jesus Christ as our Savior. The moment we do this, the indwelling of God's Spirit takes place (**1 Corinthians 12:13**). Our salvation is then sealed and guaranteed (**Ephesians 1:13-14**). The Holy Spirit will then be with us forever (**John 14:16**), given by God as His pledge - the believer's future inheritance in glory (**2 Corinthians 1:21-22**).

As the Holy Spirit resides in us, therefore, we are to honor God with our bodies as they "are not [our] own," as Paul said. We have indeed been bought with a price. It was not gold or silver or other perishable things by which we were redeemed; it was with the precious, unblemished blood of Jesus Christ (**1 Peter 1:18-19**). Ordained by God before the foundation of the world (**Acts 2:23**), Christ's blood purchased us out of the slavery of sin and set us free forever. As Christian's bodies are God's temple, we are to use them to glorify God.

Smoking, drinking, drugs, sexual immorality, and lying – each defiles our body, our temple. These acts must be forsaken to have a clean temple (spirit).

SCRIPTURE READING: EPHESIANS 4:30

THOUGHT FOR THE WEEK: Grace isn't just a little prayer you say before receiving a meal.