

TAKING CARE OF THE TEMPLE

Robert Morris

Focus Our bodies are the temple of the Holy Spirit. God wants us to take care of our bodies so that we can fulfill His purposes for our lives.

Open When was the last time you were admitted to the hospital? Briefly tell the story.

Read While on a recent trip to Australia, Pastor Robert was admitted to a hospital after losing one third of his blood volume. He had been suffering migraine headaches for several weeks, but instead of listening to his body and slowing down, he maintained a rigorous schedule. When he received medical care for the migraines, the medication caused an ulcer over an artery in his stomach, which resulted in rapid blood loss.

During his recovery time, the Lord revealed a stronghold in Pastor Robert's life that stems from a hatred of his own body. That stronghold created an open door which the Enemy tried to use to destroy Pastor Robert's body many times throughout his life.

We all have something that we don't like about our bodies or some other form of self-hatred. God wants us to know that our bodies are a gift from Him, and that we should nourish and cherish them (Ephesians 5:29). We are fearfully and wonderfully made. Our bodies are the temple of the Holy Spirit! (1 Corinthians 6:19–20; John 2:19–21)

God has a purpose for each of our lives. If we don't take care of our bodies, the Holy Spirit's expression through us will be limited. We won't be able to do all that God wants us to accomplish. We could even die prematurely if we neglect our bodies. God wants us to present our bodies to Him as a living sacrifice by taking care of them because our bodies are the temple of the Holy Spirit (1 Corinthians 3:16–17; Romans 12:1)

Talk

1. How did Pastor Robert's story impact you?
2. What are some ways that we fail to take care of our bodies? Name as many as you can think of.
3. Which discipline of taking care of your body do you find most difficult: diet, exercise, rest or recreation? Which ones come easily to you?
4. "We all have something we don't like about our own body." Have you ever realized that disliking your body is contrary to God's will?
5. Read Psalm 139:14. What does this verse tell us about how we can change our thinking about how we see ourselves?
6. Read 1 Corinthians 6:18–20. In addition to fleeing from sexual immorality, what are some other ways we can honor God with our bodies?
7. How can we present our bodies as living sacrifices? What does that look like? (See Romans 12:1).

Live

What is one practical step you can take this week to better care for your body? Make it a simple goal to do this one thing every day. Ask a friend or member of the group to pray for you and follow up with you later in the week.

Pray

Thank You, Holy Spirit, that You have come to dwell in us. We praise You, Lord, because we are fearfully and wonderfully made. Please bring us to complete freedom to love and accept ourselves as You do. Teach us how to honor You with our bodies. Help us to fulfill all of Your purposes for our lives.