

## **Building Your Temple**

### **Ready:**

“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.”

-1 Corinthians 6:19

### **Set**

I’ve been out of college for two years now. I haven’t changed much (at least I’d like to think), but there is one aspect of my life that I’ve let slip: my physical workouts. I did all right in the summer and fall, but once the winter months came, I wanted to stay inside where it was warm. After a long day at work I didn’t want to exert any more energy than I already had. Unfortunately, this way of thinking became a habit, and I could feel my body losing all the muscle and stamina I had worked so hard to gain. Still, I made excuses. “I’ve done my time,” I reasoned. I gave my body everything I had for eight years straight, pushing it through multiple sports in high school and college. I made it my ambition to get in top physical shape, and now that my playing days were over, I didn’t need to keep it up. But I do!

It hit me, as I had my fourth cookie of the day, that my body is still a temple for God. I’ve strived to dedicate myself to Him through prayer and devotions, but I had forgotten that God wants us to glorify Him with our bodies. I have been sinful in wasting my ability to be active and, therefore, not truly gaining the closeness with God that I desire. I needed to show Him I was committed mind, BODY and spirit.

Slowly but surely I’m getting back into a physical routine that honors God. He has blessed me with able legs and a willing heart, and now during my runs I take great pleasure in building up my physical and spiritual muscle. And God wants the same for you. He has given us a beautiful place called earth on which to run around and give Him glory, and it would be a shame to miss out on His goodness.

So, no matter what life stage you’re in, start training. Build up your temple and watch the worldly walls crumble.

### **Go**

1. Have you ever been tempted to cut your workouts short?
2. How do you think God feels about your not using the abilities He gave you?
3. What can you do to start getting your spiritual and physical body back in shape?

### **Workout**

John: 2:18-22  
2 Corinthians 12:9  
Colossians 2:5-6

**Bible Reference:**  
Colossians 2



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