

## **Protect the House**

### **Ready:**

“Don’t you know that your body is a temple of the Holy Spirit who is in you, whom you have from God? You are not your own, for you were bought at a price. So glorify God with your body.” -- 1 Corinthians 6:19-20

### **Set**

When the NFL’s Baltimore Ravens prepare to play on their home field, the sound system blasts music and the giant screens exhort the team to “Protect this House.” This same scene is replayed in stadiums all around the league.

God refers to our bodies as His house. Because we are believers, the Holy Spirit actually lives inside of us. And because God lives within us, He expects us to protect His house! Because the pressure to win is so great, many athletes resort to trying just about anything that will take their game to the next level. For example, hundreds of athletes test positive for illegal or banned substances each year.

God calls us to a different standard, wanting nothing to harm our bodies or dishonor his name. The reputation of athletes who test positive for drug use is forever tarnished. For believers, the name and reputation of Jesus also will be harmed.

Instead of putting our confidence in banned or illegal substances to boost our performance, we must put our confidence in the power of God to give us the discipline, determination, drive or talent to compete at our best.

### **Go**

- What would Jesus think about what you are willing to do to succeed in your sport?
- How do you protect God’s house as you prepare for competition?

### **Workout**

[Philippians 1:20-21](#)

[2 Timothy 1:7](#)

### **Overtime**

“Lord, I know Your Holy Spirit lives in me. Help me to protect Your house from anything that is harmful to my body or that dishonors Your name. Amen.”



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