

## The Temple

### **Ready:**

"Do you not know that your body is a sanctuary 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; therefore glorify God in your body."

-1 Corinthians 6:19-20

### **Set**

With the 2005 spring training underway, the biggest issue facing Major League Baseball seems to be steroids. Who has used or is using them, what should be done about it, how can it be prevented, does it affect broken records, etc.? Unfortunately, baseball isn't the only sport battling steroid problems, and steroids are not the only drugs causing problems in the world of sports. There are many harmful substances that athletes are putting into their bodies -- some for performance, some for pleasure.

Those who have signed the FCA Competitor's Creed agree to the statement, "My body is a temple of Jesus Christ ... Nothing enters my body that does not honor the Living God." With so many "supplements" being marketed to athletes, it is important to be wise and cautious in determining what to put in and what to keep out of your body. We need to ask ourselves questions like, "Why am I putting this into my body? How will this impact my performance? How will this impact my health? Am I honoring God with my body?"

Let's remember that when it comes to putting substances into our bodies, just because it is legal doesn't mean it is right.

### **Go**

1. Why is it important to honor God with your body?
2. Do you feel like your body is a temple of the Holy Spirit? Why or why not?
3. What can you start doing today to better honor God with your body?

### **Workout**

Romans 12:1

1 Corinthians 3:16-17

1 Corinthians 6:12

2 Corinthians 7:1

### **Bible Reference:**

2 Corinthians 7



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