

## The Temple

n/a

### **Ready:**

"And do not seek what you will eat and what you will drink, and do not keep worrying. For all these things the nations of the world eagerly seek; but your Father knows that you need these things." -Luke 12:29-30 (NASB)

### **Set**

As Christians, we are told over and over again that our bodies are the temples of the Lord, meaning that our physical bodies are the dwelling place of the Holy Spirit. First Corinthians 6:19-20 (NIV) says, "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." It's a truth that we should take seriously, and we should let it motivate us to care for our physical bodies, keeping them in good health. As athletes and coaches, we usually don't have a problem with this since it's part of our nature and our daily routine.

Where we can get tripped up, however, is when we lose sight of why we keep our bodies in shape. Take a look at the verses from Luke above. Yes, our bodies are to be cared for, but we are not to worry about food and drink as the world does. Think about that for a second. When was the last time you watched "The Biggest Loser" or looked at a fitness model in a health magazine and thought, "I need to look like that." Folks, that's missing the point.

When God asks us to care for our bodies, He wants us to do so out of a desire to maintain His temple and to be healthy in order to serve Him. He has no concern with whether or not we look like Jillian Michaels or Bob Harper. He didn't ask us to train our bodies in order to keep up with the world. That's actually a sinful distraction if we believe what Jesus said. Instead, we are to discipline our bodies and care for them in order to glorify the Lord with them.

Today, if you find yourself focusing on or even obsessing over your physical appearance, stop and confess it to the Lord as a harmful distraction. Ask Him to give you a pure and peaceful heart and to guide you to wisdom in physical health and wellness. He created your body and knows how it is to best operate according to His plan for you. Don't chase after the things of the world; chase after the things of God. Both may involve treadmills, but only one will lead to eternal blessings.

### **Go**

1. What motivates you to work out and eat right? If it is anything other than the Lord, stop now and confess it to the Lord, asking for a renewed mind.
2. Are you comfortable with who God made you and the standard He set for your physical health?
3. Do you need to make some changes in order to glorify God with your physical body?
4. What are the differences in a worldly perspective on health and beauty versus a spiritual perspective? List some.
5. How does God want you to care for your body apart from any of the world's standards? What is healthy for you?

## Workout

- Psalm 139
- 1 Corinthians 3:16-17
- Ephesians 2:10



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