

The Stewardship of our TEMPLE (PART 1 & 2)

Selected Scriptures

INTRODUCTION: God has chosen to live in believers by His Holy Spirit (Ephes. 2:22).
Collectively: A body of believers make up a Temple (1 Cor. 3:16-17).
Individually: Your body is a Temple (1 Cor 6:19-20)

How should I take care of God's Temple (my body)?

I. **Surrender your Temple to God (Romans 12:1-2)** (A surrendered temple)

II **Dedicate your Temple for God (1 Corinthians 6:19-20)** (A holy temple)

A. **Don't worship your temple**

- Beware of the vanity of preoccupation with outward appearance (1 Peter 3:3-4)
- Beware of the idolatry of self

B. **Don't defile your temple**

C. **Don't harm (damage) your temple**

- Through smoking or drug use
- Through drinking alcohol
- Through over-eating or under-eating
- Through self-inflicted wounds

III. **Maintain your Temple for God** (A healthy temple)

A. **Reasons why people get sick** (*The Word on Health: Dr. Michael D. Jacobson*)

- **Sickness unto Death** (2 Ki 13:14)
- **Sickness to Glorify God through Healing** (Jn 11:4)
- **Sickness to Test or Develop Character** (2 Cor. 12:7)
- **Sickness Due to Chastisement for Sin**
 - Failure in Leadership** – (1 Chron. 21, 2 Sam. 24)
 - Immorality** (Prov. 2:18-19)
 - Taking Communion unworthily** (1 Cor. 11:27-31).
 - Lying** (Ex: Ananias and Sapphira)
 - Rebellion** (1 Samuel 15:23)
 - Bitterness (unforgiveness)** (Mt. 18:33-35)
 - A Violated Conscience** (Psalms 31:10)
- **Sickness Due to a Broken Spirit** (e.g. depression) Proverbs 17:22)
 - Physical abuse
 - Sexual abuse
 - Emotional or verbal abuse
 - Raised with very strict rules but no love
- **Sickness Due to Physical Causes/Natural Law**

B. **Vital Ingredients for a Healthy Temple:**

- 1) **Righteous Living**
- 2) **Physical Exercise**
- 3) **Healthy Eating Habits**
- 4) **Clean Air & Clean Water**
- 5) **Adequate Rest**