

## HOW TO CARE FOR GOD'S LIVING TEMPLE

God views our whole personality - body, soul and spirit - as **His temple** and He is keenly interested in the health and welfare of our bodies as He is in the health of our souls!

2 Corinthians chapter 6 verse 16

“You are the temple of the living God.”

God's claim is based upon the fact that He is our Maker, Owner, Preserver and Redeemer.

1 Corinthians 6:19,20 - “Your body is the Temple of the Holy Ghost... Ye are not your own ... Ye are bought with a price ... Wherefore glorify God in your body and in your spirit, which are God's.”

Ps. 100:3: “It is He that hath made us, and not we ourselves.”

Acts 17:28: “In Him we live and move and have our being.”

Rom.14:8: “Whether we live or die, we are the Lord's.”

What impact does this Divine claim have upon us? Life can never be quite the same again for us from the moment we say: “I BELONG TO GOD. MY BODY IS HIS TEMPLE!” This is surely the most powerful, life-changing conviction that can ever lay hold upon our hearts. So if God places such a high value upon us, can we continue to have a cheap regard for ourselves?

Consider this passage in Exodus 20:5: “I the Lord thy God am a jealous God.”

It is fundamentally right for God to be jealous about His property. We are jealous about our property, aren't we? If we owned a beautiful temple, of intricate design and matchless craftsmanship, would we not be concerned to guard it from abuse? Accordingly, God says that the health and welfare of His people is His highest wish for them.

Look at 3 John 2 which says “I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

Or Deuteronomy 6:24: “For our good always, that He may preserve us alive.”

God places a high value upon our physical bodies. God created our bodies ‘in His own image’, and pronounced them ‘very good’ (Gen. 1:31). Therefore, His redemptive work takes in our bodies, and He will not rest until they are fully reclaimed from sin, disease and death.

Romans 8:23: “The redemption of the body.”

1 Thessalonians 5:23 “Your whole spirit and soul and body be preserved blameless.”

God's concern for the body temple is reflected also in His warnings and prohibitions against its wilful abuse.

1Cor. 3:16,17: “If any man defile the temple [in this passage this is the church] of God, him shall God destroy.”

However, because of God's concern for the welfare of His living temple, we would expect more than warnings against abuse. We would expect Him to give clear and positive counsel about how to keep the body temple in the best possible condition. Does the Bible contain such counsel?

(1) God's health counsel takes in the whole of man - physical, mental, and spiritual - and the whole of life. His health programme is a remarkably comprehensive, rational, well-balanced programme.

1 Corinthians 10:31 “Whether therefore you eat, or drink, or whatsoever you do, do all to the glory of God.” This passage is a plural YOU, so it refers to us all.

1 Corinthians 9:26: “Every man that striveth for the mastery is temperate in all things.”

The Bible meaning of ‘Temperance’ is not merely ‘total abstinence from that which is bad,’ but also ‘the moderate use of that which is good.’

Some of the Bible's most positive recommendations for good health are as follows:

Strict personal cleanliness (2 Corinthians 7:1)

Proper sanitary provisions (Deuteronomy 23:12-14)

Isolation of infectious diseases (Numbers 5:2,3; Leviticus 13:45,46)

Prevention of disease (Leviticus 19:28)

Burning of infected materials (Leviticus 13:47, 48,52)

Clean and wholesome foods (Genesis 1:29; 3:18; Leviticus 11:1-47)

Non-intoxicating drinks (Proverbs 20:1)

Avoidance of gluttony (Luke 21:34; 1 Corinthians 9:25)

Adequate exercise and rest (Exodus 20:8-11; Mark 6:31)

Clean, positive thinking (Philippians 4:8)

Cheerfulness, contentment & trust in God (Proverbs 17:22;

Philippians 4:11; Isaiah 26:3, 4)

***The most fastidious modern Health Department could hardly find fault with these recommendations!***