

## THE BODY IS A TEMPLE

Scripture reference: 1 Corinthians 6:19-20 Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? Therefore honor God with your body.

How many of us think of our bodies as a temple? I have a cartoon taped to my door that has Frank saying "I think of my body as a temple" and Ernest replying "I think you should decrease the building fund." For me, that cartoon is too close to home.

If you really thought of our body as a temple for God, what changes would you see in your daily habits? In your meal plan? How would your body look any different?

I don't feel like God has a particular model he wants us to look like or perhaps be a certain height or weight. I do feel that God wants us to realize our bodies and our lives are a gift from Him. He wants us to take care of these bodies and use them for His glory. I think the healthier we are in our physical lives will help prepare us to do whatever kind of service God has planned for us.

There are a lot of sites on the internet that are aimed at helping us take care of our temple. From a Christian perspective, I have looked at [www.runforgod.com](http://www.runforgod.com), which is a 5K training program for churches to help beginner runners. There is also [www.faithandfitness.net](http://www.faithandfitness.net) and my personal favorite name, [www.takebackyourtemple.com](http://www.takebackyourtemple.com). There are also numerous sites that will help guide you through training for a particular distance. Some excellent sites are [www.marathonrookie.com](http://www.marathonrookie.com), [www.c25k.com](http://www.c25k.com), which is a training program that will get you to your first 5K race, and [www.jeffgalloway.com](http://www.jeffgalloway.com), which is a great site for training programs that incorporate walking and running. In addition, [www.marathonwalking.com](http://www.marathonwalking.com) provides an excellent program for those that only want to walk these distances.

2012 is approaching us rapidly which lends itself for us a chance to set some goals for the new year. Let's all think of some goals we can have for ourselves that will lend themselves to treating our bodies as our gift back to God. What kind of goals would fit this and show as making our bodies a temple? Perhaps we can all set some goal to participate in a race. Remember, just because it is called a race doesn't mean you have to run it. You can enter any race and just walk. If racing isn't your cup of tea, then how about some measurable goals of exercising a certain number of days per week or a particular number of miles? Other goals related to taking care of our temple could include dietary goals, such as eating healthier foods. We might want to enhance our temple by studying the Bible on a daily basis. This spiritual nourishment will definitely help us all.

So let's all plan to make our bodies be worthy to be seen as a temple to God and to enhance it physically in order that we can handle any task that God gives to us. Furthermore, let's not wait until 2012, let's start right now.