



Mid-Week Word with Heidi Truitt

August 24, 2021

Are you treating your body – the dwelling place of the Holy Spirit – like pure, refined **gold** today? As we learned on Sunday, the dwelling places of God (all of them!) contained gold, precious, sacred, holy. YOU are that dwelling place.

On Sunday we agreed to hold each other accountable, as the church, to care for the temples, our bodies.

Yesterday Darrell and I went to the grocery store to pick up fruits and vegetables. I went for a long walk this morning and cut out simple sugars yesterday (all but a little bit of Nutella before bed.) The coffee, well, that's a work in progress. Any positive step is a step in the right direction.

God loves your temple, like pure, refined GOLD – he wants us to care for it. It is sacred, for your body is the dwelling place for the Holy Spirit.

Pray today: “Lord, if there are any areas of brokenness that I take care of through food, sugar, caffeine, alcohol, or other addictions...” be broken off and replaced today with a deeper understanding of your LOVE for me. Help me to see myself as loved, and therefore able to love and care for the body you gave me. Give me the strength to withstand temptation. Break off any spirit that keeps me in bondage to destructive habits. In Jesus’ Name, Amen.”

You are loved, church.

Heidi