

# **Our Body/Temple**

You've heard it said, "my body is a temple." What does this mean?

As Christians, we are not our own. We belong to Christ. He paid for us with His precious blood. The sacrifice that He made resulted in the promise of an eternal life for us. It also made us into new creations where we could shed the old and put on the new. Once we put our trust in Christ, the Holy Spirit, God's very own spirit, comes to dwell within us. We no longer have to go to a temple to worship God. We are the temple. As a result, we should be mindful of taking care of our bodies, that serve as the temple, but also taking care of and worshipping God's Spirit which dwells within us.

Take time to look up these verses. Write them down and ponder on them.

God Bless!

1 Corinthians 6:19-20

Romans 8:9

1 Corinthians 10:16

1 Timothy 4:8

Ephesians 2:22-23