

DAY 18 – WE ARE THE TEMPLE AND DWELLING PLACE OF THE HOLY SPIRIT

"Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?"

— 1 Corinthians 6:19

This verse is fundamental for understanding the relationship between the body and spirituality in the Christian life. The apostle Paul, who wrote the letter to the Corinthians, emphasizes that the human body is not merely a physical structure, but that it has a deep spiritual dimension.

The phrase “your body is the temple of the Holy Spirit” suggests that the body is a sacred place where the presence of God dwells. When Paul says “you are not your own,” he reminds believers that their identity and purpose have been redeemed through Christ. This verse invites us to reflect on how we treat our bodies and what decisions we make in our daily lives.

The importance of caring for our bodies becomes an act of worship and respect for the work of God in us. The affirmation that our body is the temple of the Holy Spirit invites us to deep introspection. **How are we caring for that temple?**

This question goes beyond the physical and includes our actions, thoughts, and decisions.

Living with the awareness that we carry the presence of God leads us to a lifestyle that reflects respect, integrity, and love—toward ourselves and others.

Additionally, this verse challenges us to consider our daily choices. In a culture that often trivializes the body and its meaning, Christians are called to be countercultural, choosing to live in purity and holiness. Every decision we make—from what we consume to how we treat others—becomes an opportunity to honor God.

Lastly, the invitation to recognize that we are not our own highlights the need to surrender our lives to God's will.

This surrender is not an act of weakness, but a powerful acknowledgment that by giving ourselves to God, we find our true purpose and meaning. When we live with this mindset, we can experience a full and transforming life, where every aspect of our existence reflects the glory of the Creator.

REFLECTION QUESTIONS:

In what ways are we caring for and using the temple where the Holy Spirit dwells?

What actions should we take so that the Holy Spirit may dwell in a good place?