

## Christians and Health: Your Body a Temple 07-02-17 AM

### I. Introduction

A. We live in a world where medicine has changed our lives in dramatic ways. We have a better standard of living than any of our ancestors back to Adam. But there are new issues we struggle with that our ancestors (spiritual and physical) did not.

1. Longevity requires preparation for care
2. Moral questions on medical treatment.

B. Christians care for their physical health

1. Using physical devices (medicines, doctors, etc) 1 Timothy 5:23, Luke 5:31
2. Using spiritual remedies (prayers) James 5:14-15
3. Taking care of our mental well-being (Mark 6:31-32)

C. WHY do Christians take care of themselves?

1. It is not because:
  - a. Fear of death- Hebrews 2:15
  - b. Enjoyment of life - Isaiah 22:13
2. Purpose of being health conscious:
  - a. Serving God – Philippians 1:21
  - b. Serving one another – Galatians 5:13

D. Not our body, but His

1 Corinthians 6:19-20 Or 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? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.

### II. The Body as a temple of God

A. This does NOT speak to the idea that we must keep our body in top condition

1. As though it were a sin to damage our body
2. We owe a **reasonable** action to preserve the body for services

B. Holy

1 Peter 1:15-16 But as He who called you is holy, you also be holy in all your conduct, because it is written, "Be holy, for I am holy."

Lev 11:44 'For I am the LORD your God. You shall therefore consecrate yourselves, and you shall be holy; for I am holy. Neither shall you defile yourselves with any creeping thing that creeps on the earth.

1. Consecration

Exodus 29:43-44 "And there I will meet with the children of Israel, and the tabernacle shall be sanctified by My glory. So I will consecrate the tabernacle of meeting and the altar. I will also consecrate both Aaron and his sons to minister to Me as priests."

2. Cannot be desecrated

John 10:22 Now it was the Feast of Dedication in Jerusalem, and it was winter.

a. The dedication (Hebrew - *Hanukkah*) was to remind them of the desecration of the Temple in 167BC and the cleansing and dedication

C. The Purpose of a Temple I Kings 8:26-44

### 1. A Dwelling place for the Holy Spirit

1 Cor 6:19 Or do you not know that your body is the temple of the Holy Spirit who is in you,

- a. How exactly He dwells is a mystery
- b. Most likely through the word and obedience.

### 2. Place to offer prayers

“Whatever prayer, whatever supplication is made by anyone, or by all Your people Israel, when each one knows his own burden and his own grief, and spreads out his hands to this temple” 2 Chronicles 6:29

### 3. A Place of Sacrifice

You also, as living stones, are being built up a spiritual house, a holy priesthood, to offer up spiritual sacrifices acceptable to God through Jesus Christ. 1 Peter 2:5

## III. Maintenance of the Body

### A. The Holy spirit and prayer

Ro 8:26 Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.

### B. Prayer and Sin

Isa 59:1 Behold, the LORD'S hand is not shortened, That it cannot save; Nor His ear heavy, That it cannot hear. 2 But your iniquities have separated you from your God; And your sins have hidden His face from you, So that He will not hear.

John 9:31 "Now we know that God does not hear sinners; but if anyone is a worshiper of God and does His will, He hears him.

### C. Point:

1. When we sin, we defile the Temple
2. the Holy Spirit will not abide in a defiled Temple
3. If The Holy Spirit does not dwell, our prayers cannot be heard

### D. Desecrating the Temple

#### 1. Sexual Immorality –

1Co 6:18 Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body. 19 Or 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 Thessalonians 4:3 For this is the will of God, your sanctification: that you should abstain from sexual immorality; 4 that each of you should know how to possess his own vessel in sanctification and honor,

#### 2. Living to indulge the flesh

Ga 5:19 Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, 20 idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, 21 envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God.