

ESF, Lord's Day Service Message  
1/17/2016

## **Manage Your Body as God's Temple**

1 Corinthians 3:16-17, 6:19-20

*<sup>16</sup> Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst? <sup>17</sup> If anyone destroys God's temple, God will destroy that person; for God's temple is sacred, and you together are that temple.*

*<sup>19</sup> Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; <sup>20</sup> you were bought at a price. Therefore honor God with your bodies.*

All of us from time to time have noticed the words "Under New Management" over the door or in the front window of some place of business. Those words convey a series of thoughts and impressions to our minds.

When we see those words, we know immediately that this business has experienced a change. The most obvious change is that of leadership. But with new management comes new motivation and new methods in the way business is conducted.

One likes to think that a change of management will bring with it an improvement in the overall function of the business. However, in the reality of the secular world that is not always the case. Sometimes new isn't necessarily better.

In today's text, Paul has declared that a believer's body is under new management. It is managed by ownership of God, His Son Christ and His Holy Spirit.

### **Manage your body under God's ownership**

God instructed His people to build the temple (tabernacle) very carefully. God commanded them to use the best materials to build the

temple. God gave them accurate measurements of structures and open spaces, and in using tools of the temple (Exodus 35-40; 1 Chronicles 22:1-19; 28:1-29:9).

It means that physical structures, shapes and articles of the temple were important and God's people had to take care of every detail.

So, when Paul says that a believer's body is a temple of God, he means that believers' bodies belong to God, that they are special, and that believers must maintain their bodies healthy and pure.

People may think that they are the owners of their bodies. If they think so, they do whatever they want to do with their bodies. They use their bodies only for their selfish pleasures. They abuse their bodies by eating and drinking carelessly. They harm their bodies by taking illicit drugs. They destroy their bodies by working them beyond what their bodies can bear. They weaken their bodies by not taking proper exercise. They make their bodies sick by not taking enough rest. They defile their bodies by doing immoral things.

But, Paul said "*You are not your own; you were bought at a price. Therefore honor God with your body.*" This means God is the owner of our bodies. God must be the One who is in control of what we do with our bodies.

If you acknowledge that God is the owner of your body, you must treat your body with care and respect. You must do your best to stay healthy and pure. You do not do anything that will jeopardize that. You take care of your body every day as a God's faithful steward.

There is a Heisman Trophy winner, Herschel Walker. In an interview a few years ago, Walker was asked about drugs. He said, "I don't agree with drugs."

He went even further and said, "I don't go along with alcohol either. God has given me one of the best bodies that a person could possibly

have, and what I have to do is make the very best use of it and take care of it the very best that I can.”

That’s stewardship of the body! And that ought to be the attitude and practice of all Christians.

There may be many ways to take care of our bodies so that they are healthy and pure and honor God. However mainly there are three essential ways: diet, exercise, rest. To keep our bodies healthy we must have a healthy diet, exercise regularly, and rest properly.

In the Old Testament, God gave the laws of diet to His people –what they had to eat and what they should not eat (Deuteronomy 14:1-21). With the dietary law, God teaches that food is very important for us to keep our body healthy and pure. In America, many people get sick not because they don’t have food but they eat too much food or they don’t care about what they eat.

A little boy was eating spinach. He said the reason he was eating it was to get big enough and strong enough to refuse spinach when he was older!

To have a healthy diet we must keep motivating ourselves to maintain our bodies as pure and glorious God’s temple.

These days, we can easily find accurate information of what foods are good and what foods are bad for our health. Try to get information for a healthy diet and choose your foods according to that diet.

Paul says that “*physical training is of some value*” (1 Timothy 4:8). Some believers ignore physical exercise while they emphasize spiritual discipline. But when God created human beings, He created them not only as spiritual beings but also as physical beings (Genesis chs. 1-2). These two are inseparable to make us healthy. As much as we take care of our spirit, so also we have to take care of our body. Physical training is not only for body builders or athletes but also for all who are

concerned about their physical health. It is not only for unbelievers but also for believers.

God also created the Sabbath for a day of rest (Genesis 2:2-3). God commanded His people to keep the Sabbath day holy (Exodus 20:8). God gave it to us to take rest and refresh our bodies.

There are people who keep working and working without resting properly, like an energizer battery. They are the workaholic. They live like supermen. But human bodies do not function like a superman's body. If they keep living like that, the immune system of their bodies will get weakened and they will get sick sooner or later.

If we rest regularly, our body will be refreshed and recharged. We will be able to maintain our bodies healthy. Even Jesus took times of rest. He slept well when He got tired. One day He slept so deeply that He was unable to wake up although the boat He was riding was hit by storm. Often times, He intentionally withdrew from people to take a time of rest alone. Take a day of rest regularly every week.

### **Mange your body under the ownership of Christ**

In John 2:19 Jesus told the religious leaders, "*Destroy this temple, and I will raise it again in three days.*" The Jewish people took this word literally and wondered, "It has taken forty-six years to build this temple, and you are going to raise it in three days?" (John 2:20)

But by this word, Jesus was referring to His body (John 2:21). Christ's body is the temple. Then what does Jesus mean by this?

In the temple was the altar for the blood of sacrificial lambs and the forgiveness of sin. No one could approach God without the blood. By sacrificing His body on the cross Christ became the lamb. If we believe that through the blood of Christ as the sacrificial lamb, our body can be cleansed and our sins forgiven. Keep cleansing your body and mind with

the blood of Christ. Keep receiving the grace of God's forgiveness by the blood. And you can take care of your body as a temple of God.

In the innermost part of the temple was the Holy of Holies. In the Holy of Holies was the Ark of the Covenant. The Ark of the Covenant represented the presence of God. The Holy of Holies was a place where only the high priest was allowed to go once a year, on the Day of Atonement, to offer a sacrifice for the people. There was a curtain that separated all of humanity from the Holy of Holies.

When Jesus took His last breath on the cross, the veil of the temple was torn in two from top to bottom. It signifies that you and I now have access to God through the blood of Jesus Christ, In fact, the writer of Hebrews calls Jesus the "veil" or the "curtain" through which we enter the presence of God: *Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus, by a new and living way opened for us through the curtain, that is, his body* (Hebrews 10:19-20).

If you are a believer, you have the privilege to approach the Holy God at any time and in any circumstance. You can always carry a temple of God in your body through the blood of Christ.

Also if you put Jesus at the center of your heart, your body can receive the power of the resurrection. With the power of the resurrection in your heart, your body can carry God's presence. Even if you are physically weak, you can be strong with the resurrection power of Jesus.

A few years ago, on "Good Morning, America, Joan Lunden" featured some extraordinary gifts you might want to include on your Christmas gift list.

One of them was a Jaguar automobile, the Jaguar 220. If you care to order one of these, go to your Jaguar dealer and put down your \$80,000 deposit. Then when the automobile is delivered, you are expected to pay

the balance of \$507,000. The Jaguar 220 is a \$587,000 automobile, and they only make 250 of them a year.

But to purchase your body from Satan's ownership and to make it a temple of God Jesus paid enormous price- His life. As a temple of God the value your body is priceless. So be proud of your body if you are a believer, not because you have physical muscles or beauty which people adore but because your body contains the cross and the resurrection.

### **Manage your body under the ownership of the Holy Spirit**

The Holy Spirit dwells in the bodies of believers. From the moment a person believes on Christ as his Savior, the Spirit of God dwells in him (Rom. 8:9). As soon as you believe in Jesus as the Savior, God dwells in your body by His Spirit.

The Holy Spirit is the Spirit of fellowship. The Holy Spirit helps you have fellowship with God personally and intimately. Even if you do not know how to pray, the Holy Spirit understands what is going on in your heart and prays to God on behalf of you: *In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans* (Romans 8:26). So don't give up on having fellowship with God, even if your prayer is weak.

The Holy Spirit anoints you with supernatural power. If you are a believer of Christ, you have the privilege of having the supernatural power of the Holy Spirit in you. The Holy Spirit gives you gift(s) to serve the church as a temple of God. The Holy Spirit guides you to choose right directions.

But there are conditions to live by the anointing of the Holy Spirit.

We should not grieve the Holy Spirit. We must please the Holy Spirit by pursuing purity and holiness: *Do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all*

*bitterness, rage and anger, brawling and slander, along with every form of malice* (Ephesians 4:30-31).

Jesus said in Matthew 5:8 “*Blessed are the pure in heart, for they will see God.*” Purity comes as a result of the cleansing of sins. The earthly temple was a place of consecration. Nothing that defiled was allowed on the grounds.

Also, we must not put out the fire of the Spirit (1 Thessalonians 5:19). To keep the fire of the Spirit burning in us we must fill our hearts with prayer. The temple was a house of prayer. Jesus says, “My house shall be called a house of prayer.” By this word, Jesus means that prayer is an essential element in the temple where the Holy Spirit is burning.

Some years ago (at the time when GPS was not available), a delivery truck was taking a special shipment to the San Mateo County Convention and Visitors Bureau in California and it got lost. The delivery truck driver stopped at a gas station and asked for directions. Now ordinarily this wouldn't have been unusual. People get lost all the time. I get lost and I'm sure you get lost every once in a while. And of course even delivery truck drivers will get lost occasionally. What made this incident so odd was that - in the back of the truck were 50,000 new maps of the area from a map company. The truck driver got lost even though his truck had 50,000 maps inside of it, maps that could have easily helped him find his way to his destination had he only had access to them.

If we are believers, we have indwelling of the Holy Spirit in us. We can find power and guidance by seeking the Spirit's anointing and guidance through our prayers.

This is why Paul says “*walk by the Spirit, and you will not gratify the desires of the flesh*” (Galatians 5:16).