

The body is the temple of the Holy Ghost

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The body of man was created

“And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.” (Genesis 2:7)

“But from the beginning of the creation God made them male and female.” (Mark 10:6)



Without Christ man is spiritually dead

“But your iniquities have separated between you and your God, and your sins have hid his face from you, that he will not hear.” (Isaiah 59:2)

“And you hath he quickened, who were dead [separated from God] in trespasses and sins” (Ephesians 2:1)

A person's spirit must be made alive

“[6] That which is born of the flesh is flesh; and that which is born of the Spirit is spirit. [7] Marvel not that I said unto thee, Ye must be born again.” (John 3:6,7)

“Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.” (1 Peter 2:24)

The composition of man

“And the very God of peace sanctify you wholly; and I pray God your whole spirit* and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.” (1 Thessalonians 5:23)

“Sanctify them through thy truth: thy word is truth.”

(John 17:17; see also Ephesians 5:26)

* Note what happens when born again: Hebrews 13:12.

What is the nature of man?

“And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.” (1 Thessalonians 5:23)

“And fear not them which kill the body, but are not able to kill the soul”
(Matthew 10:28a)



The heart of man

“But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.” (1 Peter 3:4)

The body connected to the spirit

“A sound heart [inner man or spirit] is the life of the flesh: but envy the rottenness of the bones.” (Proverbs 14:30)

“For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.” (Hebrews 4:12)

The price for our spirit and body

“What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body [outer man], and in your spirit [inner man], which are God's.” (1 Corinthians 6:19, 20)

Our spirit must dominate our soul and body

The devil works through man's five physical senses, using his soul and body to try to defeat him. A believer can close the door to the devil by renewing his mind (soul) and keeping his body (flesh) under the dominion of his recreated spirit.



Our body is the temple of the Holy Ghost

For born again people:

“What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? ” (1 Corinthians 6:19)

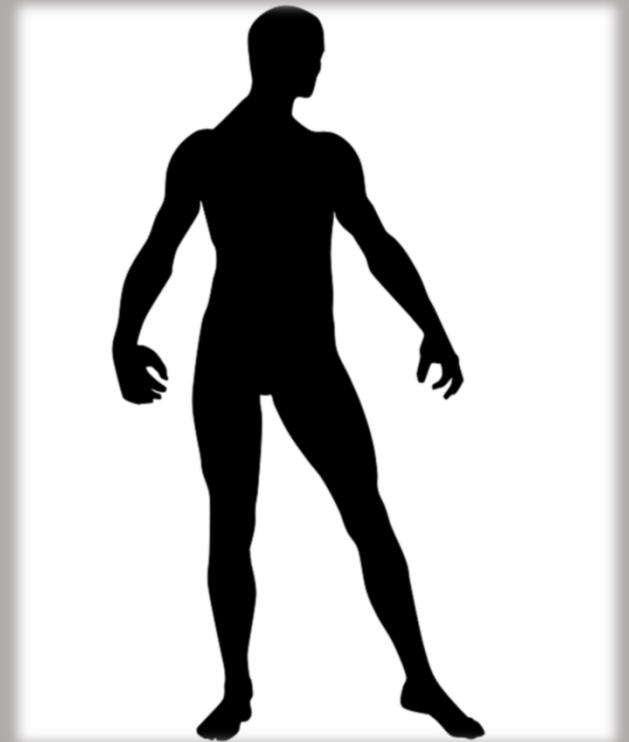
“But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us.”

(2 Corinthians 4:7)

Names for the physical body

The physical body of a man is called in Scripture:

- The body (the outer man)
- The temple of the Holy Ghost
- An earthen vessel
- A tabernacle
- The flesh



Present your body to God

“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind” (Romans 12:1,2a)

See also 1 Corinthians 12:12.

Let not sin reign in your body

“[11] Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord. [12] Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof. [13] Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God. [14] For sin shall not have dominion over you: for ye are not under the law, but under grace.”

(Romans 6:11-13; see also Colossians 3:5)

Responsibilities concerning your body

“[16] This I say then, Walk in the Spirit, and ye shall not fulfill the lust of the flesh. [17] For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.” (Galatians 5:16,17)

“... For they that are after the flesh do mind* the things of the flesh; but they that are after the Spirit the things of the Spirit. ...”

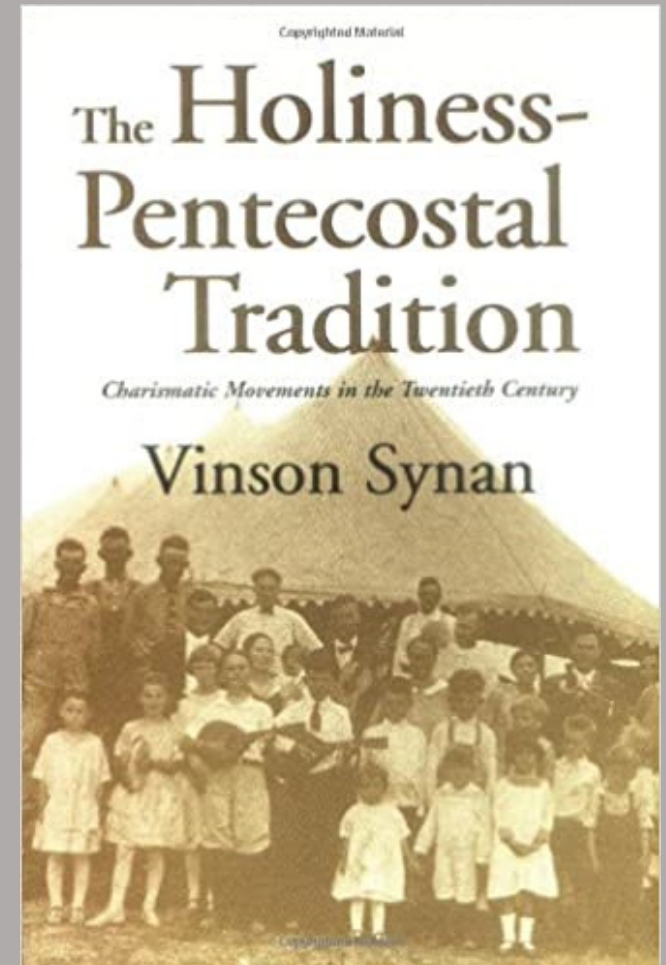
(see Romans 8:3-9)

* Our mind influences our body and what we do with it.

God requires a holy people

“[15] But as he which hath called you is holy, so be ye holy in all manner of conversation; [16] Because it is written, Be ye holy; for I am holy.” (1 Peter 1:15, 16)

“Ye also, as lively stones, are built up a spiritual house, an holy priesthood, to offer up spiritual sacrifices, acceptable to God by Jesus Christ.” (1 Peter 2:5)



The light of the body

What we give attention to (through the eye) affects the body:

“The light of the body is the eye: therefore when thine eye is single, thy whole body also is full of light; but when thine eye is evil, thy body also is full of darkness.” (Luke 11:34)

“The entrance of thy words giveth light”. (Psalm 119:130)

We are instructed to “think on” things that are true, honest, just, pure, lovely, of good report, virtuous, praiseworthy. (see Philippians 4:8).

We have responsibilities with our body

The body is the temple:

- Glorify God in your body.
- Love thy neighbour as thyself.
- Do not do things that deliberately destroy/harm the body.
- Take care of your body, such as right eating, exercise, fasting, proper rest, good sleep (sweet sleep).
- Develop right thinking (renew your mind to God's ways).

Know how to please God in our body

Glorify God in your body.

Born again people must possess (keep hold of) their body.

“[1] Furthermore then we beseech you, brethren, and exhort you by the Lord Jesus, that as ye have received of us how ye ought to walk and to please God, so ye would abound more and more. [2] For ye know what commandments we gave you by the Lord Jesus. [3] For this is the will of God, even your sanctification, that ye should abstain from fornication: [4] That every one of you should know how to possess his vessel in sanctification and honour; [5] Not in the lust of concupiscence, even as the Gentiles which know not God: [6] That no man go beyond and defraud his brother in any matter: because that the Lord is the avenger of all such, as we also have forewarned you and testified. [7] For God hath not called us unto uncleanness, but unto holiness.” (1 Thessalonians 4:1-7)

Flee lusts that dishonour God

The body is not for gratifying lusts but for service to God.

“[19] Nevertheless the foundation of God standeth sure, having this seal, The Lord knoweth them that are his. And, Let every one that nameth the name of Christ depart from iniquity. [20] But in a great house there are not only vessels of gold and of silver, but also of wood and of earth; and some to honour, and some to dishonour. [21] If a man therefore purge himself from these, he shall be a vessel unto honour, sanctified, and meet for the master's use, and prepared unto every good work. [22] Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart.” (2 Timothy 2:19-22)

What is a tabernacle?

God dwells in a holy tabernacle*: “[8] And let them make me a sanctuary; that I may dwell among them. [9] According to all that I shew thee, after the pattern of the tabernacle, and the pattern of all the instruments thereof, even so shall ye make it.” (Exodus 25:8,9)

* Tabernacle = a dwelling place for God’s presence.

Our body is a tabernacle

The tabernacle of our body allows us to serve the Lord on the Earth. See verses about God in us – “the riches of the glory of this mystery among the Gentiles; which is Christ in you, the hope of glory” (Colossians 1:27b & see Romans 8:9).

Read 1 Thessalonians 4:1-7. Concupiscence = strong sensual desire (eg. lust) that takes over and consumes the thinking.

“we that are in this tabernacle do groan, being burdened” (2 Corinthians 5:1-4; see also 2 Peter 1:13,14).

Our love for God, our neighbour, ourselves

Love thy neighbour as thyself. Loving yourself means not destroying yourself, just like you would not destroy others.

“And he answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself.” (Luke 10:27)

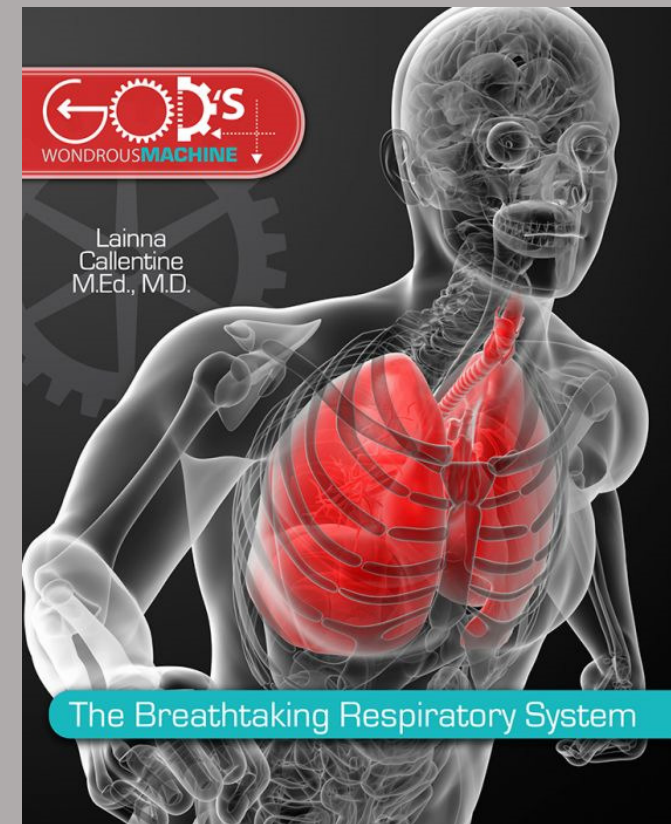
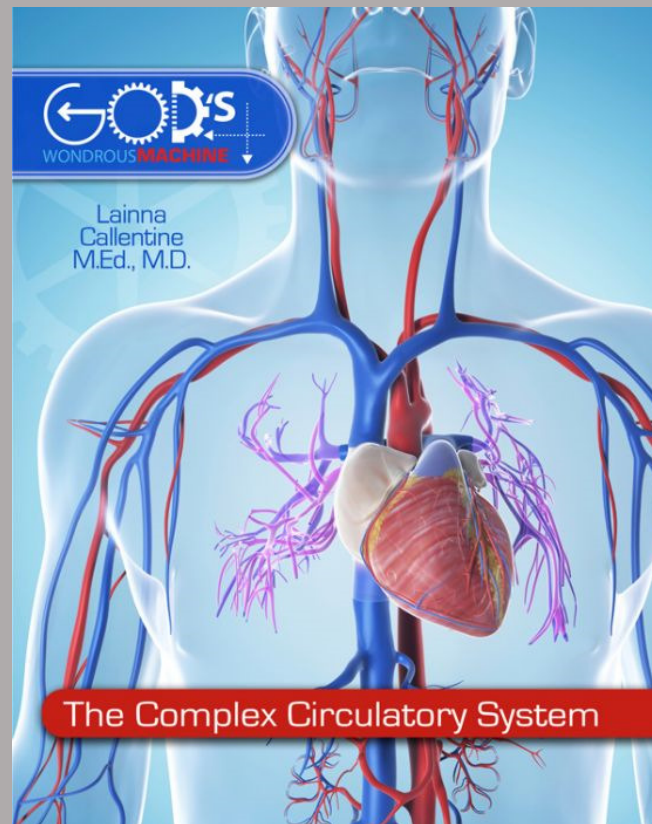
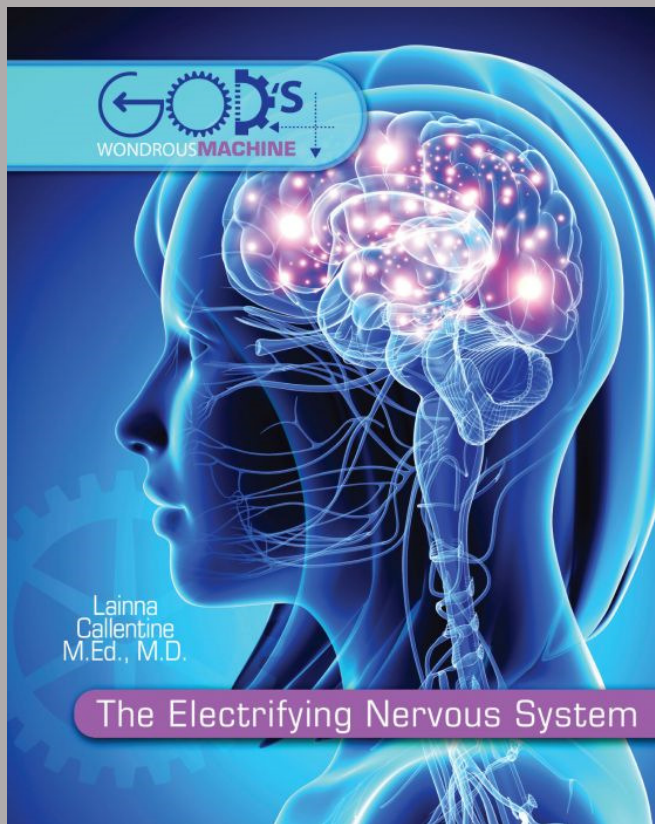
Love will not want to hurt/destroy thy neighbour or thyself.

Our body designed by God

ATHEIST: The body came about through evolution, not design.

BIBLE BELIEVER: That's funny because we actually observe all types of design features in the human body, such as tubes, systems, hinges, joints, lenses, gates, electrical wiring, machinery, and genetic coding. It is only by design through a supremely informed Designer that this could be. The fact that we are on a cursed, sinful planet explains deficiencies in the human body, such as death, sickness, disease, infirmity, and weakness (see Romans 5:12; 8:22).

Our body is designed by God



<https://www.masterbooks.com/>

The body as a biological machine

The body is a physical machine that needs good maintenance:

- Take care of your body, such as right eating, exercise, fasting, proper rest, good sleep (sweet sleep), good hygiene.
- Couple this with believing correctly and the body will last a long time on the Earth: “For length of days, and long life, and peace, shall they [God’s words] add to thee.” (Proverbs 3:2)
- God made it from “the dust of the ground” to function on the Earth. (see Genesis 2:7)

Certain habits harm our body

Cultivate good habits with respect to the body:

- Do not do things that deliberately destroy/harm the body.

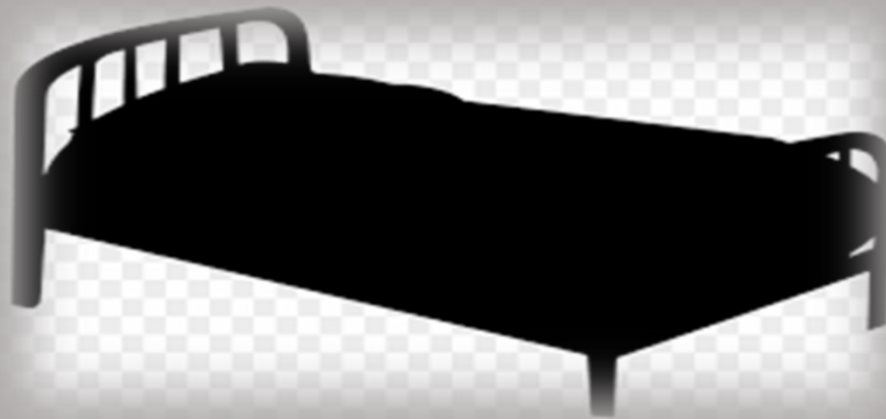
Get out of sluggard habits and consider the ant's ways (see Proverbs 6:6).

“[9] How long wilt thou sleep, O sluggard? when wilt thou arise out of thy sleep? [10] Yet a little sleep, a little slumber, a little folding of the hands to sleep: [11] So shall thy poverty come as one that travelleth, and thy want as an armed man.” (Proverbs 6:9-11)

The body needs good quality sleep

“When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet.” (Proverbs 3:24)

“It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.” (Psalm 127:2)



Too much sleep is not good

Too much sleep:

“Even if you don’t have a sleep disorder, regularly oversleeping may have a negative impact on your health. Some complications may include: headaches, obesity, diabetes, back pain, depression, heart disease, increased risk of death”

(<https://www.healthline.com/health/oversleeping#complications>)

Lack of exercise is not good

Exercise has many benefits:

“During the past 50 years, research has accumulated to support the hypothesis that physical activity is associated with both cardiovascular health and improved physiological functioning. ... regular moderate physical activity can reduce the incidence of cardiovascular disease, diabetes, colon cancer, and high blood pressure. Moreover, physical activity can reduce symptoms of depression and anxiety, increase feelings of well-being, and enhance ability to perform daily tasks.” (Brannon & Feist, p. 467.)

Overeating and bad eating is not good

Overeating and wrong eating results:

“Obesity is associated not only with increased mortality but also with increased use of health care and increased chances of developing Type 2 diabetes, gallbladder disease, and high blood pressure. Obesity also raises the risks for migraine headache, kidney stones, sleep apnea, respiratory problems, liver disease, osteoarthritis, reproductive problems in women, and colon cancer.” (L. Brannon & J Feist, *Health Psychology, Eating and weight*, 2007, pp. 227, 228.) See also Proverbs 23:1-3 – “deceitful meat”.

The Bible instructs us to fast

Fasting, coupled with prayer, helps us connect our body to our soul, so that we focus more on the spiritual:

“Moreover when ye fast, be not, as the hypocrites, of a sad countenance” (Matthew 6:16a)

“... I humbled my soul with fasting; and my prayer returned into mine own bosom.” (Psalm 35:13)

“Howbeit this kind goeth not out but by prayer and fasting.” (Matthew 17:21)

Fasting is good for the body's functions

1. Promotes blood sugar control by reducing insulin resistance.
2. Promotes better health by fighting inflammation.
3. Enhances heart health by improving blood pressure, triglycerides, cholesterol levels.
4. Boosts brain function and prevents neurodegenerative disorders.
5. Aids weight loss by limiting calorie intake and boosting Metabolism.
6. Increases growth hormone secretion, vital for growth, metabolism, weight loss and muscle strength.
7. Helps delay aging and extends longevity.
8. May aid in cancer prevention.

(<https://www.healthline.com/nutrition/fasting-benefits#section8>)

What is wine?

Biblically, wine means preserved grape juice. The Bible shows that wine can be of 2 types:

Non-alcoholic. “Then brought all Judah the tithe of the corn and the new wine and the oil unto the treasuries.” (Nehemiah 13:12)

Alcoholic. “Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder.” (Proverbs 23:31, 32)



Drinking alcohol is not good

Drinking alcohol has many problems attached to it:

“Alcohol is more widely consumed than any other drugs, not only in the United States but in many other countries, and its use both presents problems and raises questions. ... Alcohol produces a variety of hazards, both direct and indirect. *Direct hazards* are the harmful physical effects of alcohol itself [adversely affecting many organ systems in the body, especially the liver] ... *Indirect hazards* are the harmful consequences that result from psychological and physiological impairments, produced by alcohol [through effects on aggression, judgment, attention, coordination, cognitive functioning].” (Brannon & Feist, pp. 377, 383.)

Drinking alcohol is not good

The body was not made to drink alcoholic beverages.

“And Noah began to be an husbandman, and he planted a vineyard: And he drank of the wine, and was drunken; and he was uncovered within his tent.” (Genesis 9:20, 21)

“Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder.” (Proverbs 23:31, 32)

Alcohol. It's what you can't see that can cause the most damage.



Other drugs for the body

The Bible is not against medicines that contribute to the proper functioning of the body: “A merry heart doeth good like a medicine: but a broken spirit drieth the bones.” (Proverbs 17:22)

However, there are drugs and medicines that act against the body:

“Go up into Gilead [a type of the Church], and take balm, O virgin, the daughter of Egypt [a type of the world]: in vain shalt thou use many medicines; for thou shalt not be cured.” (Jeremiah 46:11)

Other drugs that damage the body

There are well known physical and mental problems associated with other drugs used 'recreationally', such as:

- Cigarettes
- Marijuana
- Hallucinogenic drugs

The Bible is clear that Christians must: “glorify God in your body, and in your spirit, which are God's” (1 Corinthians 6:20b).

Soul-altering drugs that affect the body

The use of psychotropic [mood-altering] drugs was spurred by the false science of psychiatry and the love of money and power.

“[P]sychiatry became a medical speciality only in 1934. ... However, the growth of more specified asylums for the mentally ill gradually consolidated the professional development of psychiatrists and history shows that the number of patients in mental asylums increased six-fold from 1880 to the mid 1920s. ... In the mid twentieth century psychotropic drugs were heralded as a new wave strategy to control psychoses ... Today the use and sale of mood disorder drugs is a multi-billion dollar industry in most western nations.” (Neville Millen, *Medicalisation of deviance*, 2011, pp. 3, 4.)

We must honour God with our body

Do not do things that deliberately destroy/harm the body.

“[1] I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. [2] And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.” (Romans 12:1, 2)

Tattooing is conformity to the world's ways

The heathen (ie. those unsaved) do many things that deliberately destroy/harm the body.

“Thus saith the LORD, Learn not the way of the heathen”

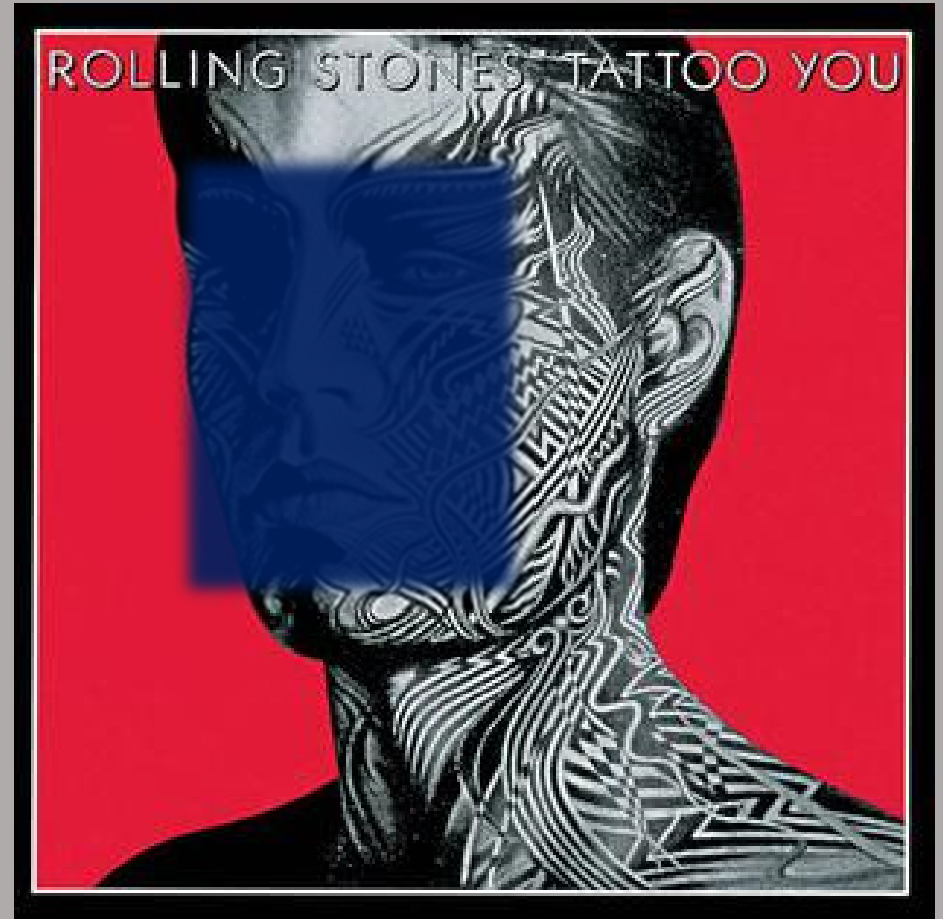
(Jeremiah 10:2)

“Ye shall not make any cuttings in your flesh for the dead, nor print any marks* upon you: I am the LORD.” (Leviticus 19:28)

* Only the Lord should mark people – see Genesis 4:15 and Revelation 7:3. In fact, those who willingly “receive a mark in their right hand, or in their foreheads” (Revelation 13:16b) from the beast are in great trouble (see also Revelation 14:9-11; 16:2; 19:20).

God's warning against tattooing

“Ye shall not make any cuttings in your flesh for the dead, nor print any marks upon you: I am the LORD.” (Leviticus 19:28)



Rebellion can be reflected in our body

Do not do things that deliberately destroy/harm the body.

Being rebellious causes many to do the wrong things.

Tattoos are often done with intents at variance to the Lord:

- Out of rebellion, yet God is clear: “For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry.”

(1 Samuel 15:23a). Many tattoos have devils and satanic imagery.

“... the rebellious dwell in a dry land.” (Psalm 68:6b)

The 'meaning' of tattoos

The body is the temple, so must reflect God's purposes, not doing things that deliberately destroy/harm the body.

Tattoos are often done with intents at variance to the Lord:

- To remember/celebrate “meaningful” events or things, yet God is clear: “For they provoked him to anger with their high places, and moved him to jealousy with their graven images.” (Psalm 78:58; see also Philippians 3:8)

The trap of many modern churches

Many churches erroneously think they must be 'relevant', so conclude that tattoos and alcohol drinking are fine BUT:

“And be not conformed to this world: but be ye transformed by the renewing of your mind”.

(Romans 12:2a; see also James 4:4)



But we are actually “strangers and pilgrims on the earth” (Hebrews 11:13) and “a peculiar people” (Titus 2:14).

Our body is not for fornication

The body is meant to glorify God, not be used for lust.

“Now the body is not for fornication*, but for the Lord; and the Lord for the body. ... Flee fornication. Every sin that a man doeth is without the body; but he that commiteth fornication sinneth against his own body.” (1 Cor. 6:13b, 18; see 5:9-11)

* Fornication — sexual activity outside of marriage

The pornography industry is built around sexual lust.

Beware of whoremongers

“Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge.” (Hebrews 13:4)

“But the fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death.” (Revelation 21:8)

“But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.”

(Matthew 5:28)

Right thinking for the body

The body is connected to how we think:

- Develop right thinking (renew your mind to God's ways).

“A sound heart is the life of the flesh: but envy the rottenness of the bones.” (Proverbs 14:30)

“[20] My son, attend to my words; incline thine ear unto my sayings. [21] Let them not depart from thine eyes; keep them in the midst of thine heart. [22] For they are life unto those that find them, and health to all their flesh.” (Proverbs 4:20-22; see also Proverbs 3:7, 8; 16:23, 24)

Health and healing for the body

The Scriptures speak much about health and healing, so we should trust in God for this and do right things, such as:

- Believe the Word of God (John 8:31,32,36)
- Have joy in God (merry heart) — see Proverbs 15:13-15; 17:22
- Be holy (not sinning) — Psalm 86:2 & John 5:12-14.
- Cultivate proper confession (wholesome tongue) — see Proverbs 12:18
- Have the fear of the Lord “The fear of the LORD tendeth to life: and he that hath it shall abide satisfied; he shall not be visited with evil.” (Proverbs 19:23)
- Cultivate a sound mind, renewed by God’s words — see Romans 12:1,2

Believe the Word of God

“[31] Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed; [32] And ye shall know the truth, and the truth shall make you free. ... If the Son therefore shall make you free, ye shall be free indeed.” (John 8:31,32,36)

Have joy in God

“[15:13] A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken. [14] The heart of him that hath understanding seeketh knowledge: but the mouth of fools feedeth on foolishness. [15] All the days of the afflicted are evil: but he that is of a merry heart hath a continual feast. ... [17:22] A merry heart doeth good like a medicine: but a broken spirit drieth the bones.” (Proverbs 15:13-15;

17:22)

Be holy

“Preserve my soul; for I am holy: O thou my God, save thy servant that trusteth in thee.” (Psalm 86:2; see also 1 Peter 1:15, 16)

“[12] Then asked they him, What man is that which said unto thee, Take up thy bed, and walk? ... [14] Afterward Jesus findeth him in the temple, and said unto him, Behold, thou art made whole: sin no more, lest a worse thing come unto thee.” (John 5:12, 14)

Cultivate proper Biblical confession

“There is that speaketh like the piercings of a sword: but the tongue of the wise is health.” (Proverbs 12:18)

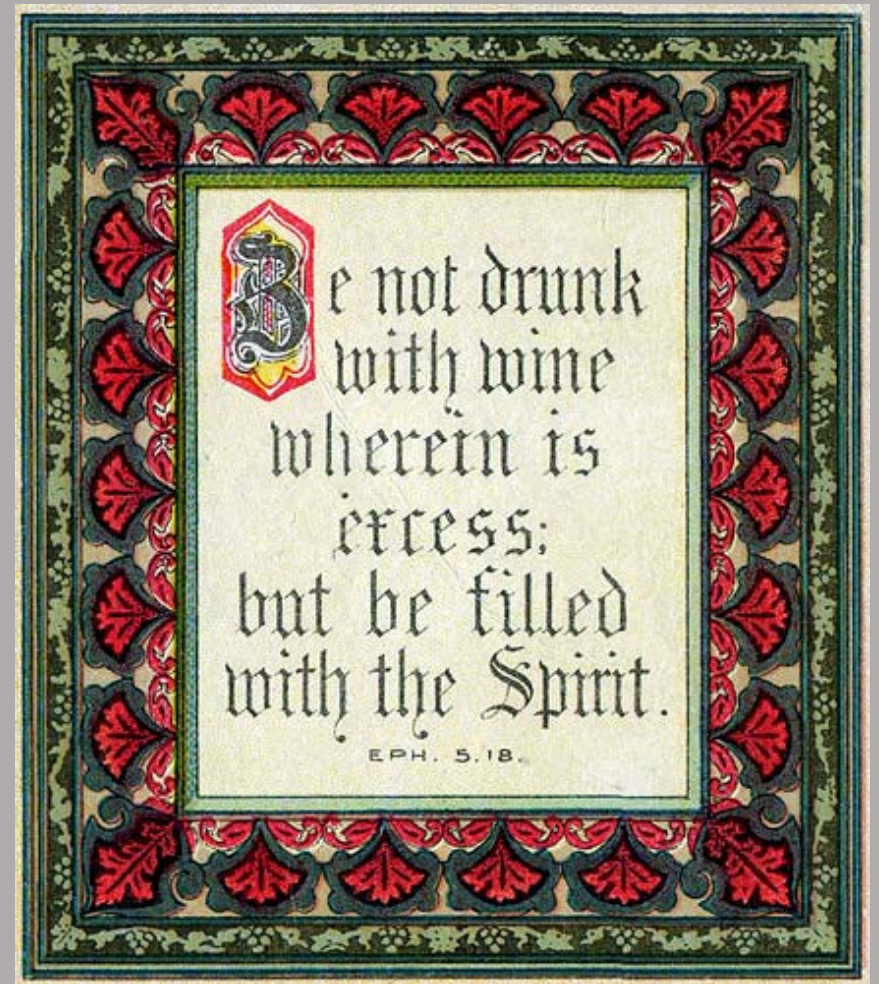
“For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile”. (1 Peter 3:10)

“Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.” (Proverbs 18:21)

Have the fear of the Lord

“The fear of the LORD tendeth to life: and he that hath it shall abide satisfied; he shall not be visited with evil.” (Proverbs 19:23)

“This I say then, Walk in the Spirit, and ye shall not fulfill the lust of the flesh.” (Galatians 5:16)



But do not have the fear of evil

“Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.” (Psalm 23:4)

“In righteousness shalt thou be established: thou shalt be far from oppression [such as sickness (see Acts 10:38)]; for thou shalt not fear: and from terror; for it shall not come near thee.”

(Isaiah 54:14)

Cultivate a sound mind

“[13] Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ; [14] As obedient children, not fashioning yourselves according to the former lusts in your ignorance”. (1 Peter 1:13, 14; see also 2 Peter 3:1)

“And be not conformed to this world: but be ye transformed by the renewing of your mind”. (Romans 12:2a, see also 2 Timothy 1:7)

Know the truth

God “condemned sin
in the flesh” by
sending Christ.

(Romans 8:3)



The way of truth or the way of error

The Holy Bible says there are 2 ways to walk:

- (1) Walk after the flesh.
- (2) Walk after the Spirit.

(Look at Romans 8:1-4)

How are you walking?