

A Healthy Body

1 Corinthians 6:12; 1 Corinthians 6:19-20

1 Corinthians 6:12 (NASB)

¹²“All things are lawful for me, but not all things are profitable. All things are lawful for me, but I will not be mastered by anything.”

1 Corinthians 6:19-20 (NASB)

¹⁹“Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own?

²⁰For you have been bought with a price: therefore, glorify God in your body.”

We all know there is an undeniable relationship between our health and our ability to reach our full potential. We may labor to have a clean heart, a clear mind, and a balanced schedule, but without a healthy body, we simply cannot do our best. And good health will be enhanced when we begin to think about our bodies the way God does. In the [sixth chapter of 1 Corinthians](#), the apostle Paul teaches that our bodies belong to the living God ([yv. 19-20](#)).

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As a result, we all have to make a decision: *Am I going to take care of my body, or will I ignore or abuse it?*

None of us would walk into church and deliberately make a big mess, smearing red or black paint all over the place. We wouldn't do that, because we respect the church building as a place where God's people worship. With that in mind, consider this: The human body, because it is indwelt by the Holy Spirit, is far more important than any house of worship that ever existed.

Nevertheless, people often assume that neglecting or mistreating the body is their own prerogative. Whether the issue is substance abuse, abortion, or unhealthy habits, many people will say, “**This is my body. I can do with it whatever I want.**” But as we read in Scripture, your body is not your possession. Although you can do as you please, you will pay the price for poor decisions. Sin has its consequences, and sin against the body can inflict a penalty that lasts even beyond the present generation. Ask God to help you regard the body as He does so that you will care for it appropriately.