**Pastor Demetric Felton Sr. August 12, 2018**

**Temple: Honor God With Your Body**

1 Corinthians 6:12-20

**Key Truth:** The stewardship of your physical body is an essential aspect of Christian formation, theology, and discipleship.

**A Theology Of The Body:**

1. Because God’s Holy Spirit lives in those of us who have

 accepted Jesus Christ into our hearts, our bodies are His

 temple. Therefore, we have a responsibility to care for His

 temple.

**The Interpretation Of The Text:**

1. You have been liberated by Jesus Christ to no longer be a

 slave of sin.

2. Freedom in Jesus Christ brings responsibility to live as God

 intended.

3. Just because it is not against the law of God doesn’t mean it is

 beneficial to you.

4. As the temple of the Holy Spirit, the body provides the sacred

 location for God’s presence and Kingdom to be realized.

5. Sexual immorality is a hostile act committed in the sanctuary

 of God.

6. How you steward your body is a representation of your

 relationship with Jesus Christ. Romans 12:1-3

**Practical Principles For Healthy Living:**

1. Get some sleep. Psalm 121:1-4, Philippians 4:6-7

2. Exercise regularly. 1 Timothy 4:8

3. Eat healthy. Proverbs 23:19-21

4. Walk in holiness. 1 Peter 1:14-16

**Taking It Beyond The Walls:** You only get one body this side of heaven. Therefore, practice the presence of God and good lifestyle choices.

**Food For Thought**

For the week of August 12, 2018

(Questions and Scriptures for further personal study)

Are you trying to make lifestyle changes in your own strength?

If you have accepted Jesus as your Savior, do you believe God’s Holy Spirit lives in you?

Do you embrace the truth that the same power that raised Jesus from his grave is available to help you in making changes in your life?

What characteristics of your life consistently show others that you are different and a changed person, focused on the cause of Christ above your personal desires? In what areas of your life do you need to work on this?

Practically speaking, how can being laser-focused on the cause of Christ help us to run from sexual sins?

Read 2 Timothy 4:7: How can failing to take care of your body hinder you from faithfully fulfilling God’s call on your life? What needs to change?