

TEMPLE: CARING FOR OUR PHYSICAL BODIES, PART 1

Where do we get this from? It's taken from the Scripture where we get our name, PINNACLE VILLAGE.

LUKE 10:27 (NIV)

"Love the Lord your God with all your heart and with all your soul and **with all your strength** and with all your mind; and, love your neighbor as yourself."

HEALTH means *Whole*

The word health by definition is seemed to be derived from the old english word that means "whole." When you turn to the Old Testament, **there are two important Hebrew words we can use to understand health:**

1. SHALOM - wholeness, completeness, and general well-being

Shalom of course is the word for PEACE. But we all know peace is not the absence of conflict. Just like health is not just the absence of disease. HEALTH HAS SOMETHING TO DO WITH WHOLENESS AND COMPLETENESS.

Shalom can only come from God. Salvation always has something to do with healing and restoration. It only comes from God who is able to heal that part of our lives that was taken away by our sins.

2. RAPHA - describes the process of healing

80 times the Old Testament showed this. The variety of the use of Rapha tells us that God's activity as a healer is not limited to the physical realm. He is seen as wanting to restore every aspect of life - physical, mental, spiritual, social, etc.

WHY IS TAKING CARE OF OUR BODIES A SACRED STEWARDSHIP?

1. MY BODY IS GOD'S PROPERTY

1 CORINTHIANS 6:13 (EASY-TO-READ)

The body is not for sexual sin. The body is for the Lord, and the Lord is for the body.

1 CORINTHIANS 6:13 (MESSAGE)

Since the Master honors you with a body, honor him with your body!

2. THE HOLY SPIRIT LIVES IN MY BODY

1 CORINTHIANS 6:19 (EASY-TO-READ)

You should know that your body is a temple for the Holy Spirit that you received from God and that lives in you.

1 CORINTHIANS 6:19 (MESSAGE)

Didn't you realize that your body is a sacred place, the place of the Holy Spirit?



3. JESUS BOUGHT MY BODY ON THE CROSS

1 CORINTHIANS 6:20 (NIV)

You are not your own; you were bought at a price. Therefore, honor God with your body.

1 CORINTHIANS 6:20 (J.B. PHILLIPS)

You have been bought, and at what a price! Therefore bring glory to God both in your body and your spirit, for they both belong to him.

We live in a society today that only wants to be healthy for the self. So to become healthy for our God is a completely different attitude. We are not doing this because we want to please ourselves or others but to please the One who Created us.

DISCUSSION QUESTIONS:

1. What's one healthy habit or routine you've recently tried to start—or stop?
2. “We are not our own... we were bought at a price.” (1 Cor. 6:20) How does this truth shape your motivation to live a healthy lifestyle?
3. What unhealthy patterns might God be inviting you to surrender?