

MARCH 1

## Cooperating with the Spirit

*My body is a temple for the Holy Spirit, redeemed, cleansed, and sanctified by the blood of Jesus.*

*Now the Spirit expressly says that in latter times some will depart from the faith, giving heed to deceiving spirits and doctrines of demons, speaking lies in hypocrisy, having their own conscience seared with a hot iron, forbidding to marry, and commanding to abstain from foods which God created to be received with thanksgiving by those who believe and know the truth. For every creature of God [every kind of food] is good, and nothing is to be refused if it is received with thanksgiving; for it is sanctified by the word of God and prayer. (1 Timothy 4:1–5)*

In this passage, Paul was saying, first of all, that abstaining from the marriage relationship (i.e., celibacy) is not an automatic condition of holiness; it does not necessarily lead to holiness. In fact, if we look at the history of the church, in cases where the clergy were required to be celibate, it is apparent that celibacy did not always produce holiness.

Regarding diets, what Paul was saying is, “Everything that God has created as food is good.” But we have to bear in mind that the good food that God created may be corrupted by what we mix with it or the way we prepare it. So, take the time and effort to distinguish between things that are helpful and things that are harmful. Cooperate with the Holy Spirit.

**Thank You, Lord, for the blood of Jesus and the work of Your Holy Spirit. I proclaim that I will cooperate with the Holy Spirit to distinguish what is helpful or harmful for my body, because it is a temple of the Holy Spirit, redeemed, cleansed, and sanctified by the blood of Jesus. Amen.**

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