

MARCH 4

Finishing His Work

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

Here are a few suggestions regarding how to treat your body as a temple for the Holy Spirit.

First of all, treat your body with reverence because it is a temple of the Holy Spirit, whom we revere. Among contemporary Christians, I find there is very little reverence for the body.

Second, seek the help of the Holy Spirit in cultivating self-discipline.

Third, take the time and make the effort to distinguish between that which is helpful and that which is harmful.

Fourth, be willing to be radical because your life is at stake.

Fifth, seek to cooperate with the Holy Spirit.

There are many other steps I could add to this list, but these I have acquired through experience. I was challenged by the Lord to consider whether I was leading a life of self-indulgence. I was challenged by the Lord to consider these questions: Do I want to go on living? Do I want to finish my assigned task? Jesus said to His disciples, *“My food is to do the will of Him who sent Me, and to finish His work”* (John 4:34).

That is the best diet: to do the will of Him who sent us—and to finish His work. Even after spending more than fifty years in the Lord’s service, I believed there were certain tasks assigned to me by God that I had not yet fulfilled. I never took it for granted that I would fulfill them. I always took care of my body, knowing the importance of keeping myself in good physical condition so my life would not be cut short before I had finished God’s work.

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, keeping myself in good physical condition to finish His work. My body is a temple of the Holy Spirit, redeemed, cleansed, and sanctified by the blood of Jesus. Amen.