

Sermon Series: Embodied

Sermon: Your body, God's Temple

October 16, 2022

Don't you yourselves know that you are God's temple and that the Spirit of God lives in you? If anyone destroys God's temple, God will destroy him; for God's temple is holy, and that is what you are. – 1 Corinthians 3:16-17

If your body is a temple for the Holy Spirit, then you should care for it like you have the presence of God within you.

No foul language should come from your mouth, but only what is good for building up someone in need, so that it gives grace to those who hear. And don't grieve God's Holy Spirit. You were sealed by him for the day of redemption. -Ephesians 4:29-30

If our bodies are the temple of the Holy Spirit:

1. Our bodies are holy – set apart for a particular use
2. Our bodies are where sacrifices are made.
 - Sin offerings (when you fix a wrong you committed)
 - Burnt offering (giving all to God- a passion offering). The burnt offering is giving the best of everything you have. Being a "living offering" means to constantly be in the rhythm of dying to your own interests and living for God. God's ambitions for us are bigger than our comforts. (Acts 16:3)
3. Our bodies are where we encounter God. (1 Kings 19:9-13)

Prayer of Examen – Silence and stillness to hear the Holy Spirit inside us

1. **Prepare your heart and mind** Center yourself by lighting a candle or taking a few deep breaths. Allow yourself to feel the presence of the Holy Spirit.
2. **Review the day with gratitude -** Think back through the events of your day, noting the joys and delights. Think about the people you interacted with and what you shared with each other. Don't forget the little pleasures! Then, thank God for these experiences.
3. **Pay attention to your emotions -** Notice the points in your day where you felt strongly. What is God telling you through your feelings? Feelings of frustration may indicate that you need to change course on a certain project. Feelings of worry about a friend's situation might later prompt you to send a comforting note.
4. **Select a part of your day to pray over -** What one part of your day stands out most to you? It can be positive or negative. Lift up a prayer of gratitude, intercession, repentance, whatever the case may be
5. **Pray for tomorrow -** Ask God to guide you through tomorrow's challenges. Turn your anxieties over to God and pray for hope.