# The Stewardship of our TEMPLE (PART 1 & 2)

**Selected Scriptures**

6-16-2021

**INTRODUCTION:** God has chosen to live in believers by His Holy Spirit (Ephes. 2:22).

Collectively: A body of believers make up a Temple (1 Cor. 3:16-17).

Individually: Your body is a Temple (1 Cor 6:19-20)

*How should I take care of God's Temple (my body)?*

## I. Surrender your Temple to God (Romans 12:1-2)

*(A surrendered temple)*

## II Dedicate your Temple for God (1 Corinthians 6:19-20)

*(A holy temple)*

### A. Don't worship your temple

--Beware of the vanity of preoccupation with outward appearance (1 Peter 3:3-4)

--Beware of the idolatry of self

### B. Don't defile your temple

### C. Don't harm (damage) your temple

Through smoking or drug use

Through abusing alcohol

Through over-eating or under-eating

Through self-inflicted wounds

## III. Maintain your Temple for God

*(A healthy temple)*

### A. Reasons why people get sick *(The Word on Health: Dr. Michael D. Jacobson)*

- **Sickness unto Death** (2 Ki 13:14)
- **Sickness to Glorify God through Healing** (Jn 11:4)
- **Sickness to Test or Develop Character** (2 Cor. 12:7)
- **Sickness Due to Chastisement for Sin**
  - --**Failure in Leadership** – (1 Chron. 21, 2 Sam. 24)
  - --**Immorality** (Prov. 2:18-19)
  - --**Taking Communion unworthily** (1 Cor. 11:27-31).
  - --**Lying** (Ex: Ananias and Sapphira)
  - --**Rebellion** (1 Samuel 15:23)
  - --**Bitterness (unforgiveness)** (Mt. 18:33-35)
  - --**A Violated Conscience** (Psalms 31:10)
- **Sickness Due to a Broken Spirit** (e.g. depression) Proverbs 17:22)
  - --Physical abuse
  - --Sexual abuse
  - --Emotional or verbal abuse
  - --Raised with very strict rules but no love
- **Sickness Due to Physical Causes/Natural Law**

### B. Vital Ingredients for a Healthy Temple:

1) **Righteous Living**
2) **Physical Exercise**
3) **Healthy Eating Habits**
4) **Clean Air & Clean Water**
5) **Adequate Rest**

# The Stewardship of our TEMPLE (PART 2)

**Selected Scriptures**

6-23-2021

**INTRODUCTION:** Biblical Stewardship is faithfully managing what ultimately belongs to God (1 Cor. 4:2)

God has chosen to live in believers by His Holy Spirit (Ephes. 2:22).

Collectively: A body of believers make up a Temple (1 Cor. 3:16-17).

Individually: Your body is a Temple (1 Cor 6:19-20)

*How should I take care of God's Temple (my body)?*

## I. Surrender your Temple to God (Romans 12:1-2)

*(A surrendered temple)*

## II _____ your Temple for God (1 Corinthians 6:19-20)

*(A holy temple)*

### A. Don't _____ your temple

--Beware of the vanity of preoccupation with _____ (1 Peter 3:3-4)

--Beware of the _____ of self

### B. Don't _____ your temple

### C. Don't _____ (damage) your temple

Through _____ or _____

Through _____

Through _____ or _____

Through _____ _____

# The Stewardship of our <u>TEMPLE</u> (PART 3)

**Selected Scriptures**
6-30-2021

*How should I take care of God's Temple (my body)?*

## I. <u>Surrender</u> your Temple to God (Romans 12:1-2)
*(A <u>surrendered</u> temple)*

## II <u>Dedicate</u> your Temple for God (1 Corinthians 6:19-20)
*(A <u>holy</u> temple)*

## III. <u>Maintain</u> your Temple for God
*(A <u>healthy</u> temple)*

### A. Reasons why people get sick *(<u>The Word on Health</u>: Dr. Michael D. Jacobson)*

- **Sickness unto Death** (2 Ki 13:14)
- **Sickness to Glorify God through Healing** (Jn 11:4)
- **Sickness to Test or Develop Character** (2 Cor. 12:7)
- **Sickness Due to Chastisement for Sin**
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  --**Taking Communion unworthily** (1 Cor. 11:27-31).
  --**Lying** (Ex: Ananias and Sapphira)
  --**Rebellion** (1 Samuel 15:23)
  --**Bitterness (unforgiveness)** (Mt. 18:33-35)
  --**A Violated Conscience** (Psalms 31:10)
- **Sickness Due to a Broken Spirit** (e.g. depression) Proverbs 17:22)
  --Physical abuse
  --Sexual abuse
  --Emotional or verbal abuse
  --Raised with very strict rules but no love
- **Sickness Due to Physical Causes/Natural Law**

### B. Vital Ingredients for a Healthy Temple:

1) **Righteous Living**
2) **Physical Exercise**
3) **Healthy Eating Habits**
4) **Clean Air & Clean Water**
5) **Adequate Rest**

# The Stewardship of our TEMPLE (PART 3)

**Selected Scriptures**
6-30-2021

*How should I take care of God's Temple (my body)?*

**I. _____ your Temple to God (Romans 12:1-2)**
*(A surrendered temple)*

**II _____ your Temple for God (1 Corinthians 6:19-20)**
*(A holy temple)*

**III. _____ your Temple for God**
*(A healthy temple)*

**A. Reasons why people get sick** *(The Word on Health: Dr. Michael D. Jacobson)*

- **Sickness unto _____** (2 Ki 13:14)
- **Sickness to _____** (Jn 11:4)
- **Sickness to _____ or _____** (2 Cor. 12:7)
- **Sickness Due to _____**
  --**Failure in Leadership** – (1 Chron. 21, 2 Sam. 24)
  --**Immorality** (Prov. 2:18-19)
  --**Taking Communion unworthily** (1 Cor. 11:27-31).
  --**Lying** (Ex: Ananias and Sapphira)
  --**Rebellion** (1 Samuel 15:23)
  --**Bitterness (unforgiveness)** (Mt. 18:33-35)
  --**A Violated Conscience** (Psalms 31:10)
- **Sickness Due to a _____** (e.g. depression) Proverbs 17:22)
  --Physical abuse
  --Sexual abuse
  --Emotional or verbal abuse
  --Raised with very strict rules but no love
- **Sickness Due to _____**

**B. Vital Ingredients for a Healthy Temple:**

**1)** _____

**2)** _____

**3)** _____

**4)** _____

**5)** _____

# The Stewardship of our TEMPLE (PART 4)

**Selected Scriptures**
7-7-2021

*How should I take care of God's Temple (my body)?*

**I. Surrender your Temple to God (Romans 12:1-2)**
*(A surrendered temple)*

**II Dedicate your Temple for God (1 Corinthians 6:19-20)**
*(A holy temple)*

**III. Maintain your Temple for God**
*(A healthy temple)*

**Reasons why people get sick** *(The Word on Health: Dr. Michael D. Jacobson)*

- **Sickness unto Death** (2 Ki 13:14)
- **Sickness to Glorify God through Healing** (Jn 11:4)
- **Sickness to Test or Develop Character** (2 Cor. 12:7)
- **Sickness Due to Chastisement for Sin**
- **Sickness Due to a Broken Spirit** (e.g. depression) Proverbs 17:22)
- **Sickness Due to Physical Causes/Natural Law**

**1) Righteous Living** (Exodus 15:26).

**2) Physical Exercise** 1 Tim. 4:8

**3) Healthy Eating Habits**

**a. God's original design was that man eat only fresh vegetables and fruit** Genesis 1:29

**b. God did allow for the eating of meat after the flood** (Gen. 6:19-21)

**c. People need self-control in eating habits**
(Gal. 5:22-23; 1 Cor. 6:12-13; 1 Cor. 9:25-27)

1) Don't be a slave to your appetites (Prov. 23:2)
2) Eat for energy, not for pleasure
3) Eat only what you need (Prov. 25:16)
4) Eat "real" food (Gen. 1:27, 29)
   a) Organic is best
   b) Avoid spoiled (by man's corruption) or refined food
5) Make plant food the foundation of your diet (Gen. 1:29)
6) Prefer "clean" animal flesh (Gen. 9:3) (Lev. 11)
   (Don't be prideful, divisive or judgmental over this issue – Acts 10:15; 1 Tim. 4:1-5; Col. 2:16)
7) Don't eat blood or improperly prepared meat
8) Don't eat the "hard" fat of animals (Lev. 3:17, 7:23)
   Hard Fat = fat under the skin that covered the organs and muscles
9) Give yourself periods of prayer and fasting (Joel 2:12; Ezra 8:23)

**4) Clean Air, Clean Water & Sunshine**

**5) Proper Hygiene (cp. John 13:10)**

**6) Adequate Rest**

a) Enter into God's rest (Heb. 3:7-11, 19; 4:9-11)
b) Work for your bread (laziness is a killer)
c) Rest one in seven
d) Be Spirit-led not flesh led so that you can avoid unnecessary stress
e) A good night's sleep (Ps. 127:2)

Trust God, not physicians

# The Stewardship of our TEMPLE (PART 4)

**Selected Scriptures**

7-14-2021

*How should I take care of God's Temple (my body)?*

**I. Surrender your Temple to God (Romans 12:1-2)**
*(A surrendered temple)*

**II Dedicate your Temple for God (1 Corinthians 6:19-20)**
*(A holy temple)*

**III. Maintain your Temple for God**
*(A healthy temple)*

**Reasons why people get sick** *(The Word on Health: Dr. Michael D. Jacobson)*

- **Sickness unto Death** (2 Ki 13:14)
- **Sickness to Glorify God through Healing** (Jn 11:4)
- **Sickness to Test or Develop Character** (2 Cor. 12:7)
- **Sickness Due to Chastisement for Sin**
- **Sickness Due to a Broken Spirit** (e.g. depression) Proverbs 17:22)
- **Sickness Due to Physical Causes/Natural Law**

**1)** _____ (Exodus 15:26).

**2)** _____ 1 Tim. 4:8

**3)** _____

**a. God's original design was that man eat only fresh vegetables and fruit** Genesis 1:29

**b. God did allow for the eating of meat after the flood** (Gen. 6:19-21)

**c. People need self-control in eating habits**
(Gal. 5:22-23; 1 Cor. 6:12-13; 1 Cor. 9:25-27)

1) Don't be a slave to your appetites (Prov. 23:2)
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3) Eat only what you need (Prov. 25:16)
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   a) Organic is best
   b) Avoid spoiled (by man's corruption) or refined food
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   (Don't be prideful, divisive or judgmental over this issue – Acts 10:15; 1 Tim. 4:1-5; Col. 2:16)
7) Don't eat blood or improperly prepared meat
8) Don't eat the "hard" fat of animals (Lev. 3:17, 7:23)
   Hard Fat = fat under the skin that covered the organs and muscles
9) Give yourself periods of prayer and fasting (Joel 2:12; Ezra 8:23)

**4)** _____

**5)** _____ **(cp. John 13:10)**

**6)** _____

a) Enter into God's rest (Heb. 3:7-11, 19; 4:9-11)
b) Work for your bread (laziness is a killer)
c) Rest one in seven
d) Be Spirit-led not flesh led so that you can avoid unnecessary stress
e) A good night's sleep (Ps. 127:2)

Trust _____, not _____

# The Stewardship of our TEMPLE (PART 1)

**Selected Scriptures**

6-16-2021

**INTRODUCTION:** Biblical Stewardship is faithfully managing what ultimately belongs to God (1 Cor. 4:2)

In this study, we will over the course of several lessons look at the stewardship (management) of Our Temple; Our Time; Our Talents; Our Treasure; Our Tribe (family); God's Truth

A wonderful miracle occurs when one is born again; God's Spirit comes to take up residence in the body of the believer, in partial fulfillment of Old Testament promises (SEE Pentecost notes).

God has chosen to live in believers by His Holy Spirit (Ephes. 2:22 - In whom ye also are builded together for an habitation of God through the Spirit).

Collectively: A body of believers make up a Temple (1 Cor. 3:16-17).

Individually: Your body is a Temple (1 Cor 6:19-20)

We are God's property. Are you managing that which belongs to God?

How should I take care of God's Temple (my body)?

## I. Surrender your Temple to God (Romans 12:1-2)

*(A surrendered temple)*

The book of Romans (like Ephesians, etc.) naturally breaks down into two divisions.

| Chapters 1 - 11 | Chapters 12 - 16 |
|---|---|
| Doctrine | Duty |
| The way of salvation | The walk of salvation |
| The pardon of the believer | The practice of the believer |
| Salvation acquired (EX: Phil. 2:12-13) | Salvation lived out |

**V. 1**

"I beseech you" = I am encouraging, exhorting, urging you

"Brethren" - brothers (not physically or ethnically related to Paul -- since the Church at Rome was predominantly Gentile (Rom. 1:13, 11:13, 15:15-16) -- but brothers in Christ, fellow Christians.

The appeal to surrendering one's body, not being conformed to the world, and to know God's will is for those who are saved, not for those who are unsaved.

It is futile to teach a lost person how to live the Christian life, since he is not a Christian.

The exhortation to believers implies that not all have done it.

"By the mercies (compassionate pity) of God" - the basis for such an exhortation to full surrender is "the mercies of God."
In other words, since God has been merciful to you (11:30-32), since God has saved you, since you are a child of God, you should accept this admonition.
"The great compassion of God should move us to dedication" (Custer, BJU, "Viewpoint" Romans, p. 55).

We received mercy (Titus 3:5; I Tim. 1:13, 16)
We are receiving mercy (now)(I Tim. 1:2; II Tim. 1:2; II Jn. 3; Jude 2)
We will receive mercy (Jude 21; II Tim. 1:18)
God is rich in mercy (Eph. 2:4.
God's mercy endureth forever (Ps. 136)
God's mercy is for those who ask for it (Lk. 18:13).

***Because of God's mercy, you (as a believer) should fully surrender your life to God.**

What is full surrender?

**Full Surrender is:**
**Letting God HAVE your life**
(A sacrificed life - v. 1)

"To present" - Aorist tense - a once and for all dedication (but one that must be remembered and renewed). . . to yield, offer, give, or hand over.

God does not force it. It brings more glory to Him when we willingly offer it to Him (EX: Rom. 6:13, 19 - "yield members")

"To present" = lit. to place beside; a technical term for offering a sacrifice.

"Your bodies" = the whole person; your body and everything in it; which includes your heart (affections) and mind (will, volition, decision-making).

NOTE: The Greeks depreciated the body, viewed it as a prison house, as evil. They worshipped the mind and thinking.

However, the Bible says: Your "body is the temple of the Spirit of God (I Cor. 6:19-20).

God wants you more than what you have.

Giving yourself to God recognizes rightful ownership.

"Sacrifice" -

EX. of O.T. sacrifices. Sin offerings, guilt offerings, free-will gift offerings, peace offerings and whole burnt offerings.

O.T. sacrifices are now obsolete.

Our service of worship is a giving of ourselves.

NOTE: In O.T. it wasn't merely the animal that pleased God; it was the attitude (and amount of sacrifice) of the giving that pleased Him.

**A. What kind of sacrifice does God want?**

What type of sacrifice does God want? A living, holy, and well-pleasing ("acceptable") sacrifice.

**1. A <u>living</u> sacrifice**

--As opposed to dead (like O.T.)

Implies a sacrifice of your life <u>now</u>.

Many are supposedly willing to die for God, but never totally live for Him.

**2. A <u>holy</u> sacrifice**

"Holy" = set-apart, pure.

Just as the O.T. sacrifices were to be holy (unblemished and undefiled), so are we.

Positionally, we are totally holy (I COR. 6:11; Acts 26:18).
Our <u>name</u> denotes our holiness - "saints"
God's <u>nature</u> demands our holiness - "Be ye holy, for I am holy."

***a. How are we made holy?***
"Sanctify (make holy) them <u>through Thy truth</u>; Thy Word is truth" (Jn. 17:17).

***b. Why should we be holy?***
God only uses clean instruments to do His spiritual work:
So that we might be "sanctified and meet (suitable) for the Master's use, and prepared unto every good work" (II Tim. 2:21).

We are not "holy" sacrifices, if we are not "set apart" (transformed from the world (v. 2).

**3. An <u>acceptable</u> sacrifice**

"Acceptable = well-pleasing; satisfying to God.

Just as righteous O.T. sacrifices were a "sweet savor" to the nostrils of God, so you must be.

What scent does your life bring up to God?

The O.T. sacrifices had to meet specifications - Why? They were a type of Christ. We must give God <u>what</u> He wants and the <u>way</u> He wants it, or it is unacceptable.

"Acceptable" - God does not want you on your terms, but on His. You cannot give God garbage [EX: Israel's repulsive O.T. sacrifices –

Mal. 1:6-13 - "Neither will I accept (v. 10) . . . Should I accept this (v. 13?"]

What is an acceptable sacrifice?

**1. A clean sacrifice**

Undefilement is a prerequisite.

Unacceptable sacrifices are those which are defiled (unclean) sacrifices (SEE: Mark 7:20-23).

Jesus Christ specifically names some defiled people:

1) Those with a bad tongue (v. 20) (sinful speech - cp. James 3:6). "That which cometh out of the man" - specifically from his mouth - cp. parallel passage Mt. 15:18)
2) Those with evil thoughts (lust, etc.) -v. 21
3) Those involved in extra-marital affairs (adulteries)
4) Those involved in pre-marital sex (fornications - also includes other types of sexual immorality)
5) Those who take the life of innocent people (EX: abortion. NOTE; Hatred is on equal par with murder – Mt. 5:21-22)
6) Those guilty of taking what did not belong to them ("thefts")
7) Those who idolize things that belong to others ("covetousness")
8) Those who think, plan, & do evil ("wickedness")
9) Those who lie (deceive by not telling the truth)
10) Those who dress immodestly or act indecently (lasciviousness = sensuality, lewdness)
11) Those who envy others (jealousy) (an "evil eye")
12) Those who speak against God or His Word ("blasphemy")
13) Those who think too much of themselves ("pride")
14) Those who live for vanity ("foolishness" = lit. those who live their lives without thinking seriously)

An unclean sacrifice is no sacrifice!

A true sacrifice is one that costs you something.

To live in sin and offer yourself to God is to give God garbage.

**2. A complete sacrifice**

When a sacrifice was made in ancient Israel on the brazen altar, the sheep, goat, or calf was given completely over to God to be burned with fire. The offerer could lay no further claim on it.

In Leviticus chapter 1, the first offering required after the great Passover sacrifice was the burnt offering. Just as the offering of Christ on Calvary symbolized the Passover lamb and our salvation, the whole burnt offering symbolizes our total dedication.

--You either are completely given over to God, or you are not.

*It's all or nothing!

To be acceptable, it must be all (no man can serve two masters).

Illustration: the Little girl in the offering plate

**B. Why should you give such a sacrifice?**

--It is "your reasonable service"
(sacrifice is the logical, intelligent choice)

"Reasonable" - we derive our English word "logic" from the Greek.

The believer's devotion to God as a living sacrifice is not an unreasonable demand. It is very logical, a very intelligent choice.

Our complete sacrifice is very logical for two reasons:

***1. Sacrifice is the logical response to God's ownership of my life.***

In light of the mercies of God, the most reasonable response of the believer would be total devotion.

Poem: "After all He's done for me..."

If you are saved, God is not asking you to give Him anything that is not His already (our spirit and our body is God's already - I Cor. 6:19, 20).

ILLUS: It would be foolish for you to buy a car and not use it. God bought you and now desires to use you. It would be wrong for the one from whom you bought it to demand it back after the price was paid. Christ paid the price to buy you. If He has bought you, what right do you have to selfishly reserve the rights to your life?

***2. Sacrifice is the logical key to the abundant life***

The Lord Jesus did not give you eternal life so that life would be a drag (dull and boring). Rather, He came that we might have life, and that we might have it more abundantly (Jn. 10:10).

The most <u>intelligent</u> decision in the world is to dedicate your life to Christ, when you realize the rewards of such dedication.

The most irrational, <u>foolish</u> decision would be to not surrender all.

Our amount of joy is determined by the degree to which we surrender to God.

Someone who surrenders all (has nothing held back) lives the most abundant life.

## II Dedicate your Temple for God (1 Corinthians 6:19-20)

*(A holy temple)*

### A. Don't worship your temple

Just like the Old Testament Temple, we should not worship it, but through it worship and glorify God.

--Beware of the vanity of preoccupation with outward appearance

1 Peter 3:3-4
Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; [4] But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.

--Beware of the idolatry of self

### B. Don't defile your temple (1 Corinthians 6:19-20)

#### 1. Sexual sin SINS against your own body (v. 18)

***"Flee fornication" -*** Keep on fleeing; continually run from it.

When you realize its damaging affects to you physically, emotionally, spiritually, it should be abhorrent. When you consider its ramifications to others to whom you are related, you should avoid it at all costs.

When you think about how it affects your relationship to Christ, you should respond like Joseph: *"How then can I do this great wickedness and sin against God?"* (Gen. 39:9. Joseph fled literally (Gen. 39:12).

Stay as far away as possible from persons, places, and situations that are likely to get you in trouble (MacArthur, p. 148). *"Keep your way far from her, and do not go near the door of her house"* (Prov. 5:8).

"Passion is not rational or sensible, and sexually dangerous situations should be avoided or fled, not debated" (MacArthur, p. 148).

***"Without the body" -*** Most sins affect our minds and emotions. But this one not only affects our minds and emotions, but also our bodies. Fornication is a sin which involves the whole being, the total person.

***"Sinneth against his own body" -*** How is it a sin against your body?

1) It cheapens (dishonors) your body (I Th. 4:4).
2) It opens the door for fatal disease to destroy your body (Rom. 1:27)

3) It sins against the in-house Resident who dwells in your body, and it grieves Him (Eph. 4:30)

You don't throw away that which is valuable. You protect that which is valuable. You save that which is valuable.

Your virginity is priceless! Don't throw it away! (like meat to the dogs or pearls to the pigs)

Determine to save yourself for the one spouse God has for you.

Sexual immorality cheapens God's design for sex in marriage. That which is common is not valuable. That which everyone has access to is not priceless. EX: Diamonds and gold are valuable. Why? Because diamonds are not a common stone and gold is not a common metal.

--Pornography degrades women (it does not honor them)
--Pre-marital sex takes the thrill and anticipation out of marriage (it does not honor marriage) Heb. 13:5 - "Marriage is honorable in all and the bed [sex in marriage] undefiled..."

**2. Sexual sin DESECRATES the temple in which God's Spirit dwells** (v. 19)

***"Temple" -*** Shrine; sanctuary; dwelling place
The Spirit of the living God lives inside the believer's body!

To commit sexual sin in a church sanctuary, disgusting as that would be, would be no worse than committing the sin anywhere else -- Because your body is a sanctuary in which God's Spirit lives (MacArthur, p. 152).

No one feels so miserable, stained, dirty, and guilty about sin as a believer.

Reason: God's Spirit is grieving inside us, as one weeps at a funeral.

The reality of our body being a temple in which God's Spirit abides should govern everything we do to our bodies or allow into our bodies (EX: smoking, drinking, drugs, obesity; and in this context, fornication).

***"Which ye have of God" -*** You didn't manufacture the Holy Spirit yourself. He is the Spirit which emanates from God.

**3. Sexual sin DENIES the Lord's OWNERSHIP and RIGHTS to your body** (v. 19b-20)

**V. 19b**

You can't say, "It's my life, my body, and I will live it anyway I want."

Many don't come to Christ because they don't want to give up ownership rights.

***"Ye are not your own" -*** If you are saved, you don't own yourself. You don't belong to yourself. You belong to the One who made you and redeemed you (ILLUS: The "Little Red Boat" story)

**V. 20**

***"Ye are bought" -*** bought at the market place (as a slave in the days of ancient Rome).

***"Ye are bought with a price" -*** Christ's blood (Acts 20:18; Heb. 9:12; I Peter 1:18; Rev. 5:9).

***"Therefore" -*** Drawing a conclusion.

Since God lives in us and owns us, we are obligated to live for His glory (I Cor. 10:31) (i.e. that God would be well thought of by how you live).

If you love the Lord, you will do that which pleases Him.

In the last days, "men will be lovers of pleasure rather than lovers of God."

We must conduct our lives in a way that pleases God. Are you more interested in God's pleasure than your own?

"To Glorify God" is the goal of the way we live.

Our primary goal is not to keep ourselves pure so that:

1) We can offer ourselves pure to our spouse at the wedding altar (though this is a noble and praise-worthy reason) - but to glorify God.

2) We won't ruin our lives and the lives of others who are watching us - but to glorify God.

3) We won't get AIDS or other communicable diseases - but to please God!

Joseph said: "how then can I do this great wickedness and sin against God?" (Gen. 39:9)

Our primary desire in life ought to be to glorify God.

Is that your desire?

***"Body. . . spirit" -*** It is not just our body or spirit, but both that belong to God.

You cannot make a dichotomy of your life.

He gets all of us!

**C. Don't harm (damage) your temple**

Through smoking or drug use

"Smoking won't send you to hell, but it will make you smell like you've been there."

No substance should control us or alter our normal rational except the Holy Spirit.

Through abusing alcohol

All alcoholic beverages kill brain cells and can become addictive – Eph. 5:18.

Through over-eating or under-eating

Don't go to any extreme, whether gluttony and obesity on one side or anorexia nervosa or bulimia on the other.

Through self-inflicted wounds

A mark of demon possession in the New Testament.

## III. Maintain your Temple for God (I Cor.10:31; I Tim.4:8)

*(A healthy temple)*

1 Cor. 10:31
Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

1 Tim. 4:8
For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

### A. Reasons why people get sick *(The Word on Health: Dr. Michael D. Jacobson)*

- **Sickness unto Death**

  All since Adam die (exceptions Enoch and Elijah). It is the natural course of life.

  "Now Elisha was fallen sick of his sickness whereof he died" (2 Ki 13:14)

  Sometimes rebellion and unrepentance may lead to premature death (which we will address in a moment).

- **Sickness to Glorify God through Healing**

"This sickness is not unto death, but for the glory of God, that the Son of God might be glorified thereby" (Jn 11:4)

- **Sickness to Test or Develop Character**

"Lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me." (2 Cor. 12:7)

Job 2:3-7
And the Lord said unto Satan, Hast thou considered my servant Job, that there is none like him in the earth, a perfect and an upright man, one that feareth God, and escheweth evil? and still he holdeth fast his integrity, although thou movedst me against him, to destroy him without cause. [4] And Satan answered the Lord, and said, Skin for skin, yea, all that a man hath will he give for his life. [5] But put forth thine hand now, and touch his bone and his flesh, and he will curse thee to thy face. [6] And the Lord said unto Satan, Behold, he is in thine hand; but save his life.
[7] So went Satan forth from the presence of the Lord, and smote Job with sore boils from the sole of his foot unto his crown.

- **Sickness Due to Chastisement for Sin**

--**Failure in Leadership** (David took a census, and 70,000 died as a result of God's punishment – 1 Chron. 21, 2 Sam. 24)

--**Immorality** (Prov. 2:18-19 – "For her house inclineth unto death, and her paths unto the dead None that go unto her return again, neither take they hold of the paths of life.")

Illus: Unrepentance of King David after he committed adultery with Bathsheba – Psalm 32:3-4

When I kept silence, my bones waxed old through my roaring all the day long. [4] For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer. Selah.

Romans 1:27

And likewise also the men, leaving the natural use of the woman, burned in their lust one toward another; men with men working that which is unseemly, and receiving in themselves that recompense of their error which was meet.

--**Taking Communion unworthily** ("Wherefore whosoever shall eat this bread, and drink this cup of the Lord, unworthily, shall be guilty of the body and blood of the Lord. But let a man examine himself, and so let him eat of that bread, and drink of that cup. For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body For this cause many are weak and sickly among you, and many sleep For if we would judge ourselves, we should not be judged" - 1 Cor. 11:27-31).

--**Lying** (Ex: Ananias and Sapphira)

--**Rebellion** ("To obey is better than sacrifice…For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry" (1 Samuel 15:23))

Ex: Miriam and Aaron – Numbers 12

--**Bitterness (unforgiveness)** (Mt. 18:33-35 – "…O thou wicked servant, I forgave thee all that debt, because thou desiredst me: Shouldest not thou also have had compassion on thy fellowservant, even as I had pity on thee? And his lord was wroth, and delivered him to the tormentors, till he should pay all that was due unto him. So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not every one his brother their trespasses")

--**A Violated Conscience** ("For my life is spent with grief, and my years with sighing: my strength faileth because of mine iniquity, and my bones are consumed" (Psalms 31:10)

- **Sickness Due to a Broken Spirit** (e.g. depression)

"A merry heart doeth good like medicine, but a broken spirit drieth the bones" (Proverbs 17:22)

Proverbs 18:14
The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?

--Physical abuse
--Sexual abuse
--Emotional or verbal abuse
--Raised with very strict rules but no love

- **Sickness Due to Physical Causes/Natural Law**

**"**Some illnesses seem to be due simply to the fact that we are physical beings in a physical world. These ailments have no apparent underlying cause other than perhaps the function of natural law. Isaac became blind in his old age, with no reason given as to why (Genesis 27:1). Paul advised Timothy, "Use a little wine for thy stomach's sake and thine often infirmities" (1 Tim. 5:23). Here is Paul, who possessed the gift of healing (Acts 14:9-10), essentially telling his beloved son in the faith to employ a little home remedy—actually a change in diet—because he was frequently sick.

"Many, many diseases of our day are strongly associated with what we put into our mouths. When we discuss nutrition, we will find that God's Word contains enduring, time-tested, and scientifically established principles that, if followed, can greatly reduce sicknesses that are due to physical causes."

(<u>The Word on Health</u>, Dr. Michael D. Jacobson, p. 32)

**Vital Ingredients for a Healthy Temple:**

--God created man in His <u>image</u> (Gen. 1:27)

--Our bodies are "<u>wonderfully made</u>" (Ps. 139:14)

--Our bodies were not to be <u>pierced</u> or <u>tattooed</u>
Leviticus 19:28
Ye shall not make any cuttings in your flesh for the dead, nor print any marks upon you: I am the Lord.

"In 1901, the United States was classified as the healthiest nation in the world among one hundred nations studied. By 1920, we had dropped to second place. By 1950, we were in third

place. By 1970, we were in forty-first place. And in 1981, we had dropped all the way to ninety-fifth place" (Don Colbert, What Would Jesus Eat?, p. xi).

**1) Righteous Living**

"Shortly after God miraculously brought the nation of Israel out of Egypt, He spoke to the people through Moses, given them an awesome promise:

"If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee." (Exodus 15:26).

The promise was that He would put none of the diseases of the Egyptians on the Israelites. And what were the diseases from which God would protect Israel if they followed Him?" (Dr. Jacobson, p. 22)

The Egyptians suffered horrible plagues and sickness during the time when Pharaoh would not let the Israelites go. God promises that if Israel will obey Him, they will not suffer His hand of chastening, which would cause disease.

Ex: Daniel and his three friends, who ate only vegetables and water, and God rebuilt their bodies to be noticeably different in a mere ten days (Dan. 1). A miracle, not so much because of the diet, but because of obedience to God.

**2) Physical Exercise**

1 Tim. 4:8
For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

--Example of Moses and his health (even at the end of his life)

--Example of Jesus and His travels

Exercise should be . . .

a. Part of our work ethic

b. Regular (consistent)

c. Cardio-vascular (get the heart pumping)

(Walking, jogging, swimming, biking at least three times per week for a minimum of 30 minutes)

Benefits of Exercise: See Omartian p.143-144

**3) Healthy Eating Habits**

**a) God's original design was that man eat only fresh vegetables and fruit**

We tend to eat the way we do because of the patterns we adopted from our parents. We have acquired certain "tastes."

We often treat our bodies like we do our car's gas tank. "Fill-er-up" with the lowest grade of fuel we can.

Since the body is made up of living cells, it makes sense to feed it live food (such as fresh fruits and vegetables), not "dead food" – which is food cooked to death or processed to death with no enzymes or real nutritional value.

Genesis 1:29

And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.

"On this original diet, man lived an average of 912 years, prior to the flood, without a single recorded instance of sickness. Following the flood, two changes were made in man's diet. . . meat was added and man started to cook his food. Following these two changes in the way man ate, the life span rapidly declined in ten generations from an average of 912 years to 100 years. Today, we have moved even further from God's original diet by putting increasingly more toxic substances into our bodies so that today, by the age of 40, the average person already has serious physical problems. The average four-year-old already has plaque build up in his arteries, and the average youth of today cannot even pass the President's minimal physical fitness requirements." (Malkmus, "God's Marvelous Self-Healing Body" article, p. 1)

**b. God did allow for the eating of meat after the blood** (Gen. 6:19-21)

Who ate meat?
--Abraham and his angelic guests (Gen. 18:8)

--Isaac (Gen. 27)

--Israel (Lev. 11:2ff) (at Passover – Ex. 12)

--the priests (Lev. 6:24-26; Ex. 12:1-8)

--Jesus Christ (fish – Mt. 14:19; Lk. 24:36-43; Jn. 21:12-13)

[NOTE: no blood or "hard" fat – Gen. 9:4; Acts 15:20]

**When eating becomes sin:**

--When one eats with offense (1 Cor. 8:13)

--When food becomes an idol (cp. Rom. 1:25)

--When food becomes an addiction (Prov. 27:20)

**c. People need self-control in eating habits**

(Gal. 5:22-23; 1 Cor. 6:12-13; 1 Cor. 9:25-27)

1) Don't be a slave to your appetites (Prov. 23:2)

2) Eat for energy, not for pleasure

3) Eat only what you need (Prov. 25:16)

4) Eat "real" food (Gen. 1:27, 29)

   a) Organic is best
   b) Avoid spoiled (by man's corruption) or refined food

5) Make plant food the foundation of your diet (Gen. 1:29)

   a) Grains without refinement
   b) Fiber
   c) Vegetables, fruits, beans, seeds, and nuts

6) Prefer "clean" animal flesh (Gen. 9:3) (Lev. 11)

(Don't be prideful, divisive or judgmental over this issue – Acts 10:15; 1 Tim. 4:1-5; Col. 2:16)

7) Don't eat blood or improperly prepared meat

8) Don't eat the "hard" fat of animals (Lev. 3:17, 7:23)

Hard Fat = fat under the skin that covered the organs and muscles

Note: The only oils which should be used are those which are liquid when at room temperature. Any oil which is a solid at room temperature (i.e. lard, margarine, butter, shortening) will solidify in your system and is unhealthy.

9) Give yourself periods of prayer and fasting (Joel 2:12; Ezra 8:23)

**4) Clean Air & Clean Water**

a) Clean Air

--No intentional smoke

--A clean house

b) Clean Water

Deut. 8:7
For the Lord thy God bringeth thee into a good land, a land of brooks of water, of fountains and depths that spring out of valleys and hills;

Drink distilled or filtered water (because of the chemicals which are used to clean regular tap water)

--Avoid excessive coffee or other caffeine-loaded beverages

--Fresh juices (not processed and homogenized from the store; freshly made vegetable and fruit juices are best) and plenty of water is best

--Grape juice is the best anti-oxidant beverage

--Green tea is excellent

**5) Adequate Rest**

a) Enter into God's rest (Heb. 3:7-11, 19; 4:9-11)

b) Work for your bread (laziness is a killer)

c) Rest one in seven
(Gen. 2:2; Exod. 16:23, 20:8, 35:3; Heb. 10:24-27)

Note: The Sabbath was for Israel (Ex. 31:12ff)

The Sabbath was not for the Church legalistically (Col. 2:16; Ga. 4:10; Rom. 14:5)

d) Be Spirit-led not flesh led so that you can avoid unnecessary stress

e) A good night's sleep (Ps. 127:2)

CONCLU: Trust God, not physicians

Recommended reading:
--Colbert
--Jacobson
--Omartian