

#TargetPractice: How does taking care of myself honor God?

[Gizmo's Daily Bible Byte - 128 - 1 Corinthians 6:19-20 - Living Temples](#)

1 Corinthians 6:19-20 *"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body."*

In our verse today, it says that our body is the Holy Spirit's temple, or His home. We have been bought with a price and are not our own. What was the price? (Jesus died for us)

Once we accept that Jesus died for us because He loves us so much and then decide to follow Him, we belong to Him. He deserves honor. We do that by living like He asks us to. Desire to be more like Jesus.

Now some people may say that they should be able to do what they want. That is their freedom and that God is just being controlling.

Think of it like this. Do your parents have rules for you to follow? Are there times they tell you you can't do something that you really want to do? Do you feel like they are being unfair? Why do they do those things? Because they love you and want what is best for you...even though you may not think that at the time. They have lived longer and have more experiences than you have. They can see the bigger picture of what can be harmful and how it can be harmful.

What we want is not always what is the best for us. For example: Want to eat loads of candy or dessert and end up with a belly ache

It is the same with God. He wants what is best for us. He sees the big picture and knows what is harmful for us. He wants us to make choices that will be good for us and those around us.

So what are some things that we need to do to take care of ourselves and others? What are some things we need to avoid?

Luke 10:27, Jesus says, " '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.'"

Let's brainstorm some ideas. (could include the following...)

MIND:

1. Protect your mind from sin. Be careful what you watch on TV or the Internet.
2. Listen to music with good lyrics. Read books that would honor Him.
3. Surround yourselves with good friends; people who will encourage you to do the right thing.
4. Study God's Word.

BODY:

1. Exercise.
2. Eat a balanced diet of foods.
3. Get your sleep.
4. And a shower every once in a while!

HEART:

1. Ask for forgiveness of your sins.
2. Hide God's word in your heart.
3. Be completely humble and gentle.
4. Be thankful.

OTHERS:

1. Think first about God, then others.
2. Love is patient, love is kind...
3. Live peaceably with all. (Don't start fights!)
4. Forgive people when they have wronged you.