

# Temple Care

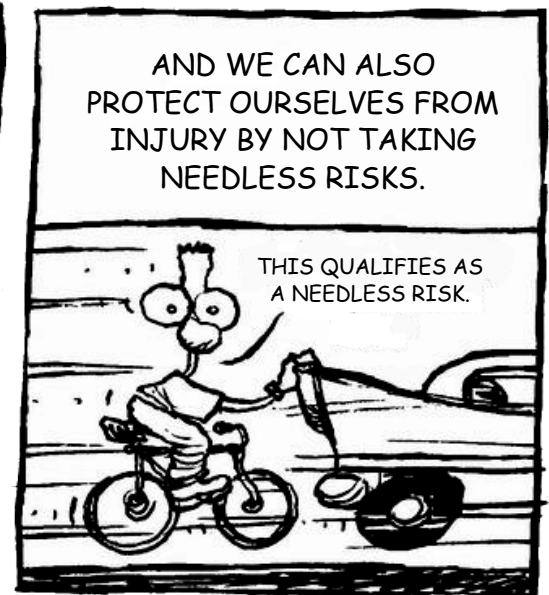
We should do the best we can to live healthy lives and not abuse our bodies by doing the following:

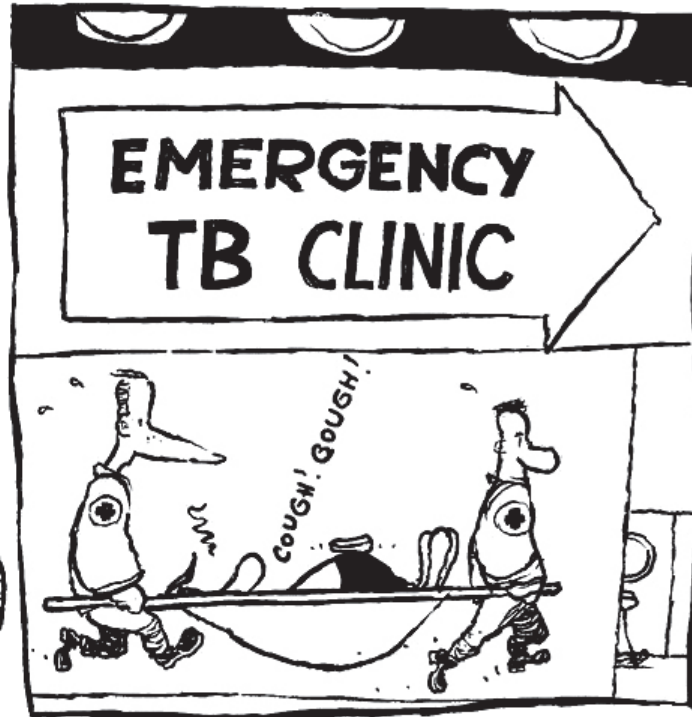
In 1 Corinthians 3:16, the apostle Paul tells us, "Do you not know that you are God's temple and that God's Spirit dwells in you?" (ESV)

When John the Revelator (Beloved) saw into heaven, he saw twenty-four saints worshipping God, saying, "You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being" (Revelation 4:11 NIV). One way we can honor God for all that He has made is through taking care of His creation—and that includes taking care of ourselves!



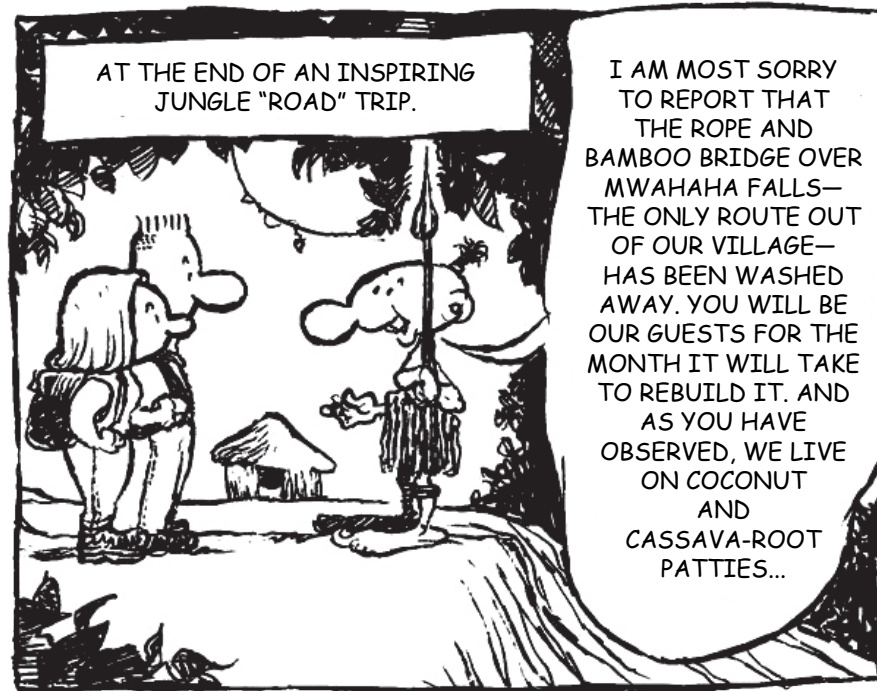
It's also important that we don't put ourselves unnecessarily in danger of sickness and disease through not taking the proper precautions like...



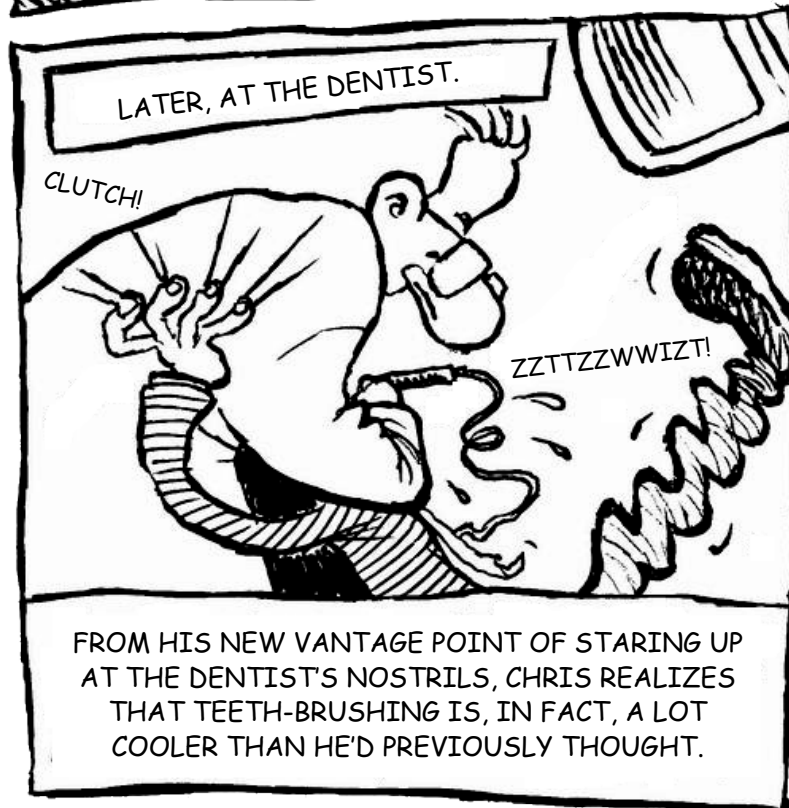
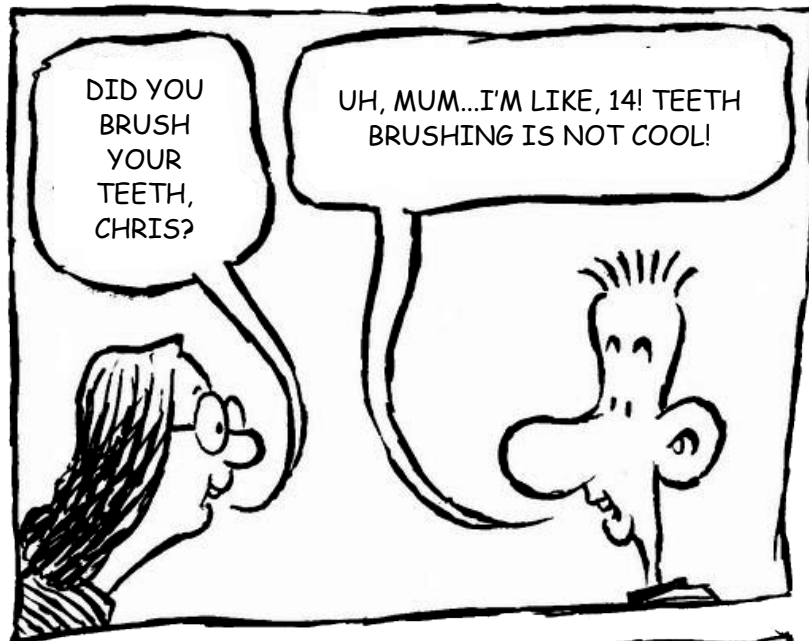


God won't always intervene supernaturally and cover for us if we could have taken some steps ourselves to correct a potentially destructive situation.

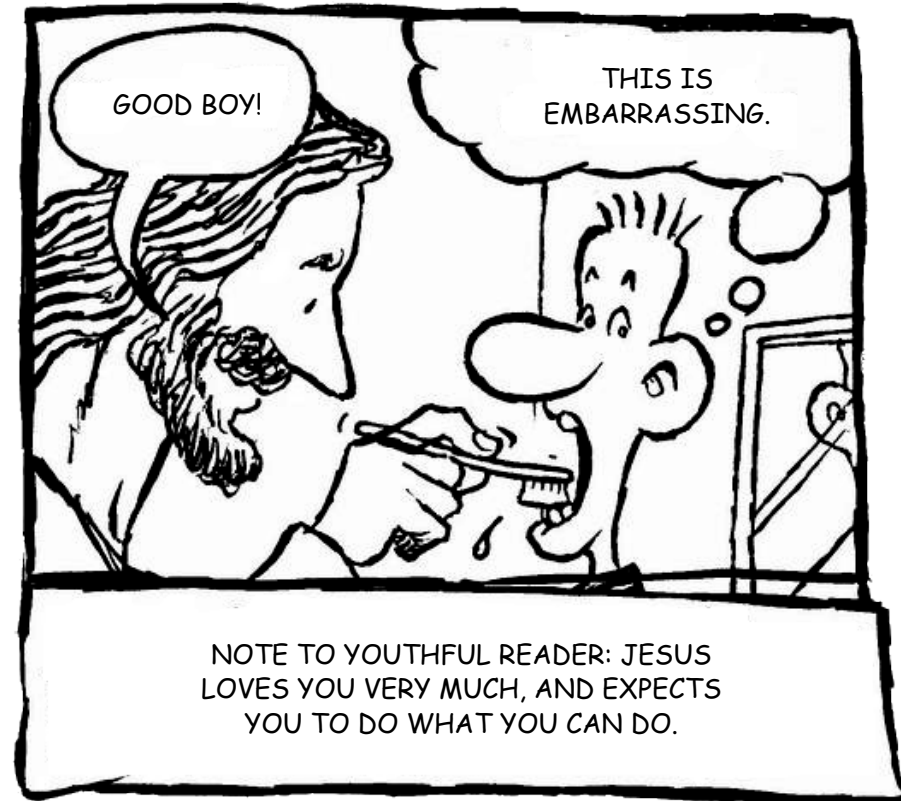
Now, of course there are times when not everything in our physical situation is ideal. Jesus has promised to care for His own; He has given His angels charge over us to keep us in all our ways (see Psalm 91:11). If we have done all that we can, then we can know that Jesus will do all that He can to care for and protect us.



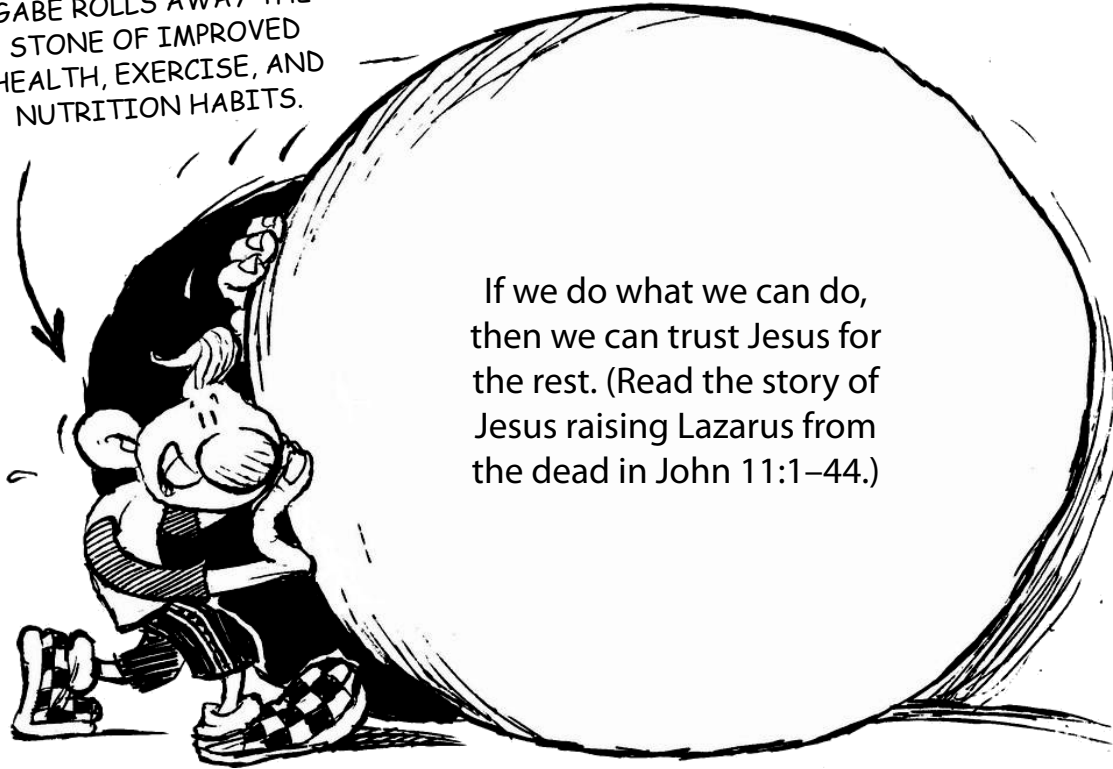
But what we can do, Jesus expects us to do. For example, if you don't faithfully care for your teeth and gums, you can't expect Jesus to miraculously preserve you from dental problems down the line. If you eat sugary or oily junk food, don't think that you'll avoid sickness and disease.



If you do your best to care for yourself physically, Jesus will do those things that only He can and that are His will. But Jesus is not going to come and brush your teeth for you, or put you to bed when you're up past your bedtime, or override the effects of junk food when you could have been choosing to eat more healthfully.



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If we do what we can do, then we can trust Jesus for the rest. (Read the story of Jesus raising Lazarus from the dead in John 11:1-44.)

Jesus expects us to live healthily through getting good exercise, eating foods that will nourish and energize our bodies, rather than those things that tear our health down.

Our faithfulness and obedience to take care of our body is very important. It plays a big role in our overall health, and thus in our fruitfulness and productivity and happiness, and that makes it extremely important.

FAITHFULNESS & OBEDIENCE IN CARING FOR YOUR BODY.  
FEELING GROOVY!



OR

UNFAITHFULNESS & DISOBEDIENCE IN CARING FOR YOUR BODY.



IT'S UP TO YOU!

S&S link: Character Building: Personal Responsibility:  
Health and Personal Care-2b

Contributed by R. A. Watterson, based on the writings of Maria Fontaine.

Illustrations by David Komic. Design by Christia Copeland.

Published by My Wonder Studio.

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