

*A Thought  
for the Day*

## *Your Body—A Temple*

### *The Bible says:*

WHAT? DID YOU NOT KNOW YOUR BODY IS THE TEMPLE OF THE HOLY GHOST, WHICH IS IN YOU, WHICH YOU HAVE OF GOD, AND YOU ARE NOT YOUR OWN? YOU ARE BOUGHT WITH A PRICE; THEREFORE GLORIFY GOD IN YOUR BODY, AND IN YOUR SPIRIT, WHICH ARE GOD'S. (1 CORINTHIANS 6:19-20 KJV, ADAPTED.)

### *Think on this:*

GOD'S SPIRIT LIVES IN YOU! ONE WAY TO GLORIFY GOD IN YOUR BODY IS TO TAKE GOOD CARE OF IT BY EATING HEALTHILY, GETTING ENOUGH SLEEP, AND EXERCISING. MAKE YOUR BODY A NICE HOUSE FOR JESUS TO LIVE IN.

