

BLESSED BODY

“Do you not know that your body is a temple of the Holy Spirit...and you are not your own? For you were bought at a price. Therefore, honor God with your body.”

1 Corinthians 6:19-20

I once attended a church that was short on parking space. Fortunately, it neighbored a high school that was closed on Sundays. When an elder asked a school official if we could use their lot one day per week, he responded, “You may use it every week during the year except one.” Although grateful, the elder curiously asked why using the lot the one remaining week was a problem. The school representative politely added, “Nothing special happens that week. I just want you to remember that it is not your lot.”



We tend to take for granted the many material and nonmaterial blessings God gives us. Consequently, we need to pause to remember that everything we have rightfully belongs to God and we have simply been entrusted with it for a time (1 Chronicles 29:11). Even our bodies do not belong to us, but to God: “Do you not know that your body is a temple of the Holy Spirit...and you are not your own? For you were bought at a price. Therefore, honor God with your body” (1 Corinthians 6:19-20).

Developing and caring for our bodies may improve our athletic performance and extend our lives, but the main reason for maximizing our physical potential is not to look better or to earn some reward or championship; it is a matter of stewardship. We have been given a physical body to house the Holy Spirit just as we have been given every other blessing. Let's use that blessing to honor God. Develop the body and compete well as an act of worship and testimony to his goodness.

Picture source: fotosearch.com/photos-images/strong-body_18.html