



For Further Study



Read and meditate on the passage below:

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

The above passage comes from a letter to the church in Corinth and is attributed to Paul. He encourages believers to abstain from destructive patterns (such as sexual immorality) and to see themselves as a temple where the Spirit of Jesus dwells. Although Jesus died, rose from the grave, and ascended into the heavens, the Spirit or energy of Jesus remains in this world and in us as his followers.

The term “holy” means set apart for special service. Thus, when we think of the Spirit as “holy,” we are recognizing that God’s Spirit is distinctive from other spirits. The Bible is an explanation of what makes God stand out above other gods, and the answer can be simplified to: “God is love.” That is why we are to follow the greatest commandment of living in that love with God, ourselves and each other.

We do that by living counter-culturally in our world. We shift our values and priorities to align with that of Jesus. We choose to use our bodies (heart, soul, mind and strength) to worship and serve God by living in a way that mirrors the way that Jesus lived. Said differently, we ask ourselves, “What would Jesus do if he were me?” Jesus gave his life as an expression of divine love for us; as we sacrifice ourselves for others, we are living in that love and sharing it with those around us.



REFLECTION:

What does being a
“temple” mean to you?

PRACTICE:

Clean out a part of your home. As you do, reflect on what needs to be cleaned up in your life.