



#55

Theme: God's Temple

Scripture: 1 Corinthians 3:16 (ESV)

"Do you not know that you are God's temple and that God's Spirit dwells in you?"

A Thought:

Both my wife and I decided that at our age it was time to maintain a healthy lifestyle. I am not talking about a diet regimen that goes kaput in a few weeks or months. We promised ourselves that the next chapter of our lives eating healthy will be the mainstay i.e., veggies, fruit, grains and less greasy foods, sugar and sodium intake. So far, so good. The Lord expects no less from us. Paul tells us in 1 Corinthians 6:19-20 (NIV) "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; 20) you were bought at a price. Therefore honor God with your body." According to Center for Disease Control and Prevention obesity is now the number one health threat facing Americans. Furthermore, a study published (1997) by Purdue University found that church members tend to be more overweight than the general population. Not surprising! My very first get-together with Christian friends I thought I had walked into a pastry shop. We eat and drink too much. That's a fact. In this country there is a fast food eatery on every corner simply to satisfy our wanting of foodstuffs. This is especially true in the low-economic neighborhoods. Again, Paul...1 Corinthians 10:31 (ESV) "So, whether you eat or drink, or whatever you do, do all to the glory of God."

Now....what are your thoughts? Write them down.

Talk to yourself:

- Are you familiar with scriptures that beckon us not to eat too much?
- How is your health? Are you a couch potato? Do you exercise regularly?
- What is the household philosophy on eating?
- If you have eating habit issues...go to the Lord in prayer. Seek outside guidance.

Scriptures to read:

- Exodus 23:25; Proverbs 23:20-21, 28:7; Deu. 21:20; Psalm 63:5, 145:15-16;
- Isaiah 58:11; Luke 21:34; 1 Corinthians 6:19:20; 2 Corinthians 10:5;
- Galatians 5:22; 2 Tim. 3:1-9; 2 Peter 1:5-7;

Quote: Anonymous (BBWCupid.com)

“Inside some of us is a thin person struggling to get out, but they can usually be sedated with a few pieces of chocolate cake.”

Bottom Line:

God has blessed us with a supply of healthy food that is delicious and pleasurable for our respective appetites. Do not be swayed by hungry eyes and salivating displays of scrumptious food goodies. We have to be discerning and “smart” in our food consumption. Gluttony can lead to health risks and financial burden. Gents, we owe it our children to be the role model. It is what we do and not what we say that will sway their thinking. Bad food habits verses good food habits...it is your choice to make. To honor our Lord each day we must strive to be healthy and strong. Remember the warnings of Proverbs 23:20-21 (NV) “Do not join those who drink too much wine or gorge themselves on meat, for drunkards and gluttons become poor, and drowsiness clothes them in rags.”

NOW.....THAT’S THE BOTTOM LINE.

Spiritual Dabbler, Your bro, Ray

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