

My brothers and sisters, let us take a minute to reflect and meditate about our spirituality and our health.

In Corinthians 6, Paul reminds us that our bodies are temples of the Holy Spirit. He said:” Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.”

In order for us to serve God and do His work, we need to take care of our temples. Everyday we do not use our bodies as He intended: we eat things that are not wholesome and good, we experience stress and frustration that racks our body, we do not use the muscles that He gave us to move us through out His world, and we neglect our body until it falls into disrepair. The conveniences of modern life have led us into temptation. In Matthew, we are warned to watch and pray that we do not fall into temptation, “The spirit is willing but the flesh is weak.” These weaknesses can lead to diseases that destroy our bodies and leave us unable to do the work of God. We know that diabetes, heart disease, high blood pressure, cancer and obesity effect so many of our brothers and sisters. We all must take action and take care of our temples so that we can remain strong.

God has blessed us with a rich and plentiful source of nourishment, and we need to do our part to consume the fruits and vegetables that have been grown from His earth. We need to take the time to move our bodies, and to include more movement as a part of our daily lives to keep our temples strong. Above all, we need to be at peace with ourselves to ensure that we can listen to what He needs us to hear, and work together keep our brothers and sisters in good health.