



**JULY SERMON SERIES:
MY BODY GOD'S TEMPLE
HOUSEKEEPING MATTERS**

1 CORINTHIANS 6:19

God's Property
Honor God With
Your Body

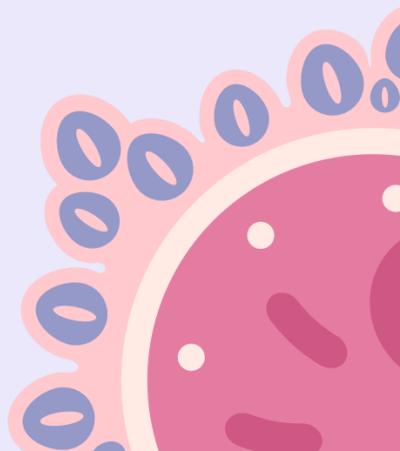
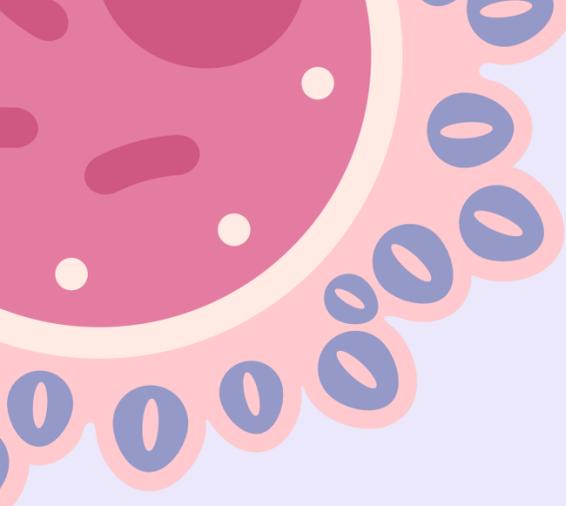


**“HEALTHY IS AN
OUTFIT THAT
LOOKS DIFFERENT
ON EVERYBODY.”**

1 CORINTHIANS 6:19

Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?

For you were bought at a price; therefore, glorify God in your body and in your spirit, which are God's."



**SIX BIBLICAL PRINCIPLES
ON HOW TO HONOR GOD
IN YOUR BODY:**

01

Rest

GENESIS 2:2-3

And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done.

Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.”

MARK 2:27

And He said to them, 'The Sabbath was made for man, and not man for the Sabbath.'



**"REST IS NOT A WASTE
OF TIME. IT IS THE
ECONOMY TO GATHER
FRESH STRENGTH."**



02

Don't Overeat

A white silhouette of a human figure from the waist up, centered in the frame. The background is a light purple gradient with decorative elements: stylized blue and purple shapes in the corners and abstract organic shapes in the bottom corners.

“DON’T EAT LESS, EAT RIGHT!”

1 CORINTHIANS 6:19

Then the Lord said to Moses,
'Behold, I will rain bread from
heaven for you. And the
people shall go out and
gather a certain quota every
day, that I may test them,
whether they will walk in My
law or not.

**OVEREATING
SUGGESTS A
LACK OF
GODLY SELF-
CONTROL.**



PROVERBS 25:16

Have you found honey?
Eat only as much as
you need, lest you be
filled with it and vomit.



**“WHAT YOU EAT IN PRIVATE
EVENTUALLY IS WHAT YOU
WEAR IN PUBLIC.”**



03

Eat Honorably

I CORINTHIANS 10:31

Therefore, whether you
eat or drink, or
whatever you do, do all
to the glory of God.

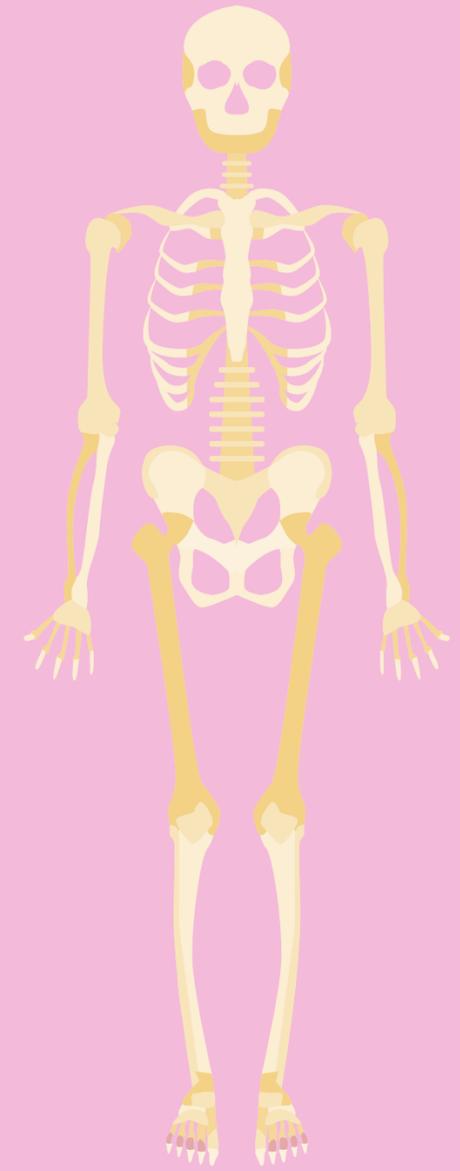
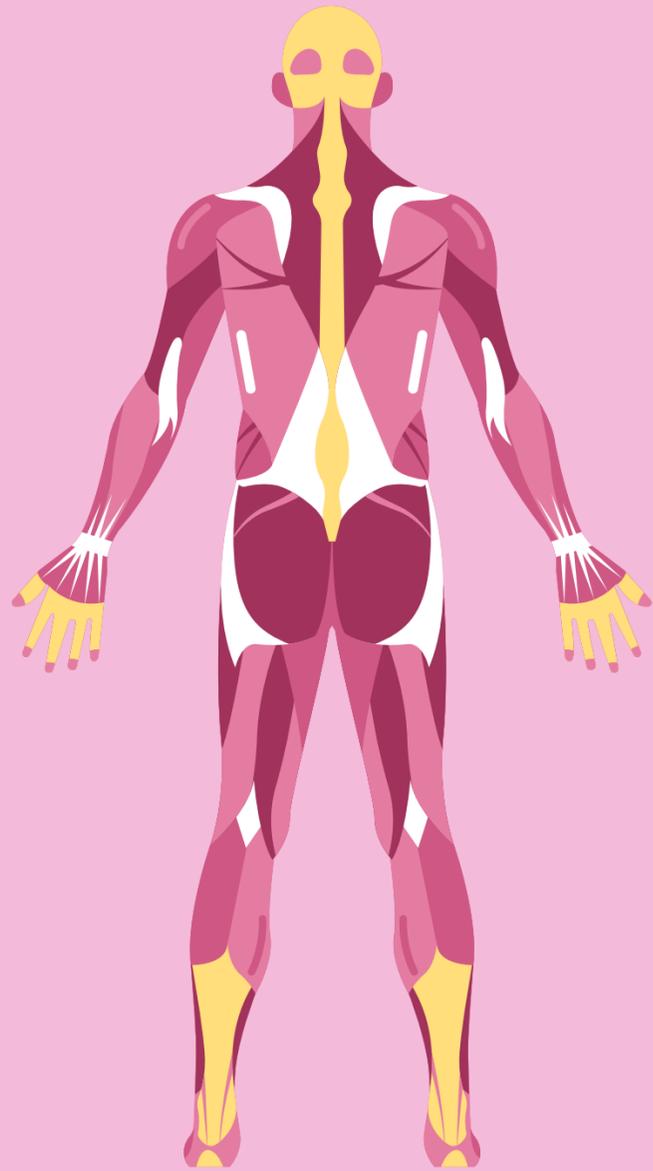
ROMANS 14:21

It is well not to eat flesh or to drink wine or do anything over which your brother stumbles.

04

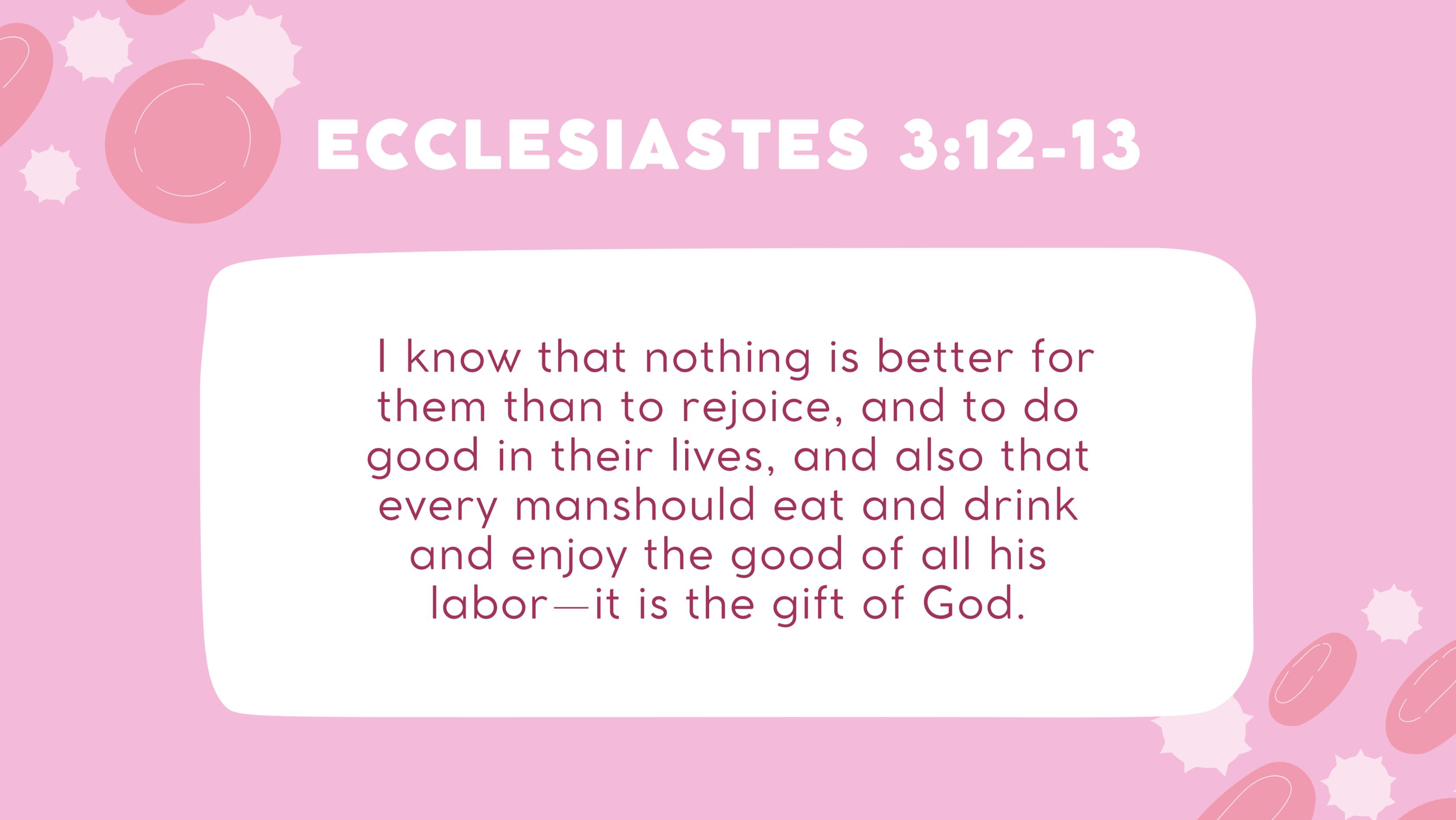
Eat God-Made
Food
Genesis 1:29

**“THOSE WHO
THINK THEY
HAVE NO TIME
FOR HEALTHY
EATING WILL
SOONER OR
LATER HAVE TO
FIND TIME FOR
ILLNESS.”**



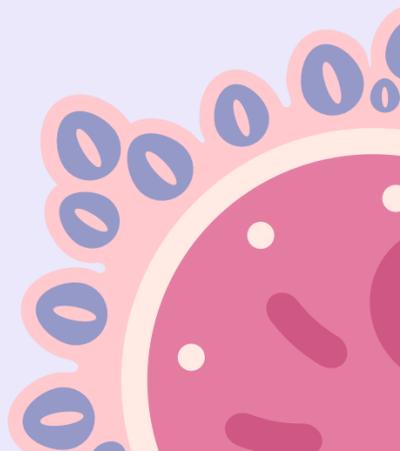
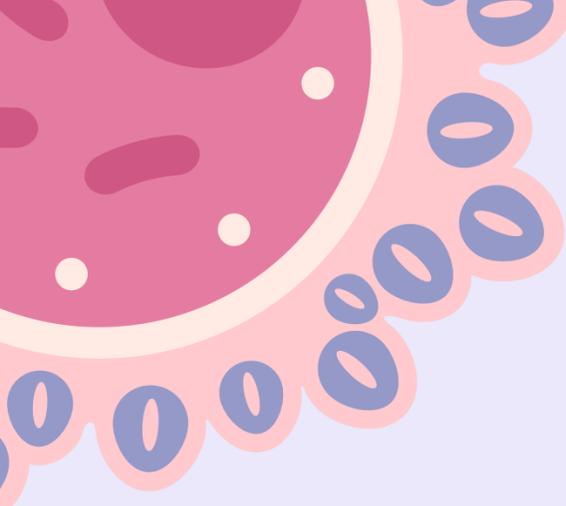
05

Get Moving
Genesis 3:22-23



ECCLESIASTES 3:12-13

I know that nothing is better for them than to rejoice, and to do good in their lives, and also that every man should eat and drink and enjoy the good of all his labor—it is the gift of God.



06

Adjust Your Mind
to Align with
God's



THREE STEPS TO ALIGN YOUR MIND WITH GOD'S:

01

**INTENTIONALLY PRAY BEFORE
YOUR FEET HIT THE FLOOR.**

02

TRAIN YOURSELF TO STUDY SCRIPTURE.

03

WORSHIP SO YOUR REALITIES CHANGE.