

A close-up photograph of a person wearing a black suit jacket. A hand is resting on their shoulder, with a gold ring visible on the ring finger. The background is a plain, light-colored wall.

JULY SERMON SERIES:  
HOUSEKEEPING MATTERS

LESSON ONE:  
IT MATTERS HOW WE  
KEEP OUR HOUSE

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## 1 CORINTHIANS 3:16-17

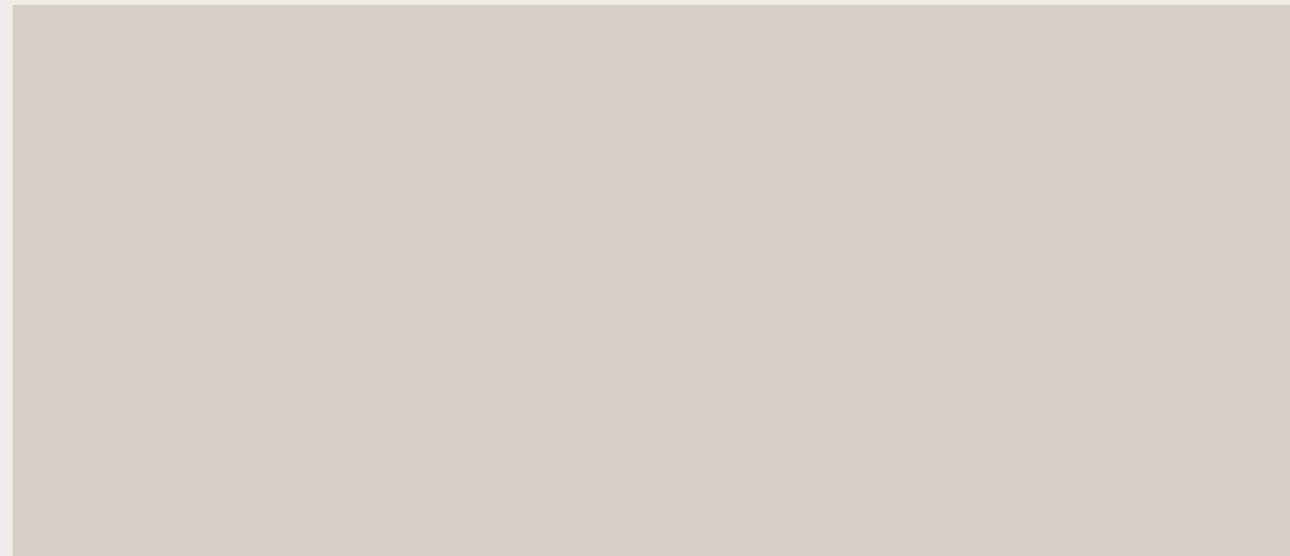
16 Do you not know that you are God's temple and that God's Spirit dwells in you?

17 If anyone destroys God's temple, God will destroy him. For God's temple is holy, and you are that temple.



“Be good to your body, it’s the only place you have to live.”

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1. HOUSEKEEPING MATTERS  
BECAUSE IT IS COMMANDED.

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# ROMANS 14:14

I know and am persuaded in the Lord  
Jesus that nothing is unclean in itself...



# I Timothy 4:8

For bodily discipline is only of little profit,  
but godliness is profitable for all things.

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## 1 PETER 1:15-16

But as He who called you is holy, you also be holy in all your CONDUCT, since it is written, 'You shall be holy, for I am holy.'

# LEVITICUS 11:44-45

For I am the Lord your God. Consecrate yourselves therefore, and be holy, for I am holy. You shall not defile yourselves with any swarming thing that crawls on the ground.

SELF-CARE is anything that you do that intentionally puts focus on improving the state of your health spiritually, mentally, emotionally, physically, and practically.



## 2. HOUSEKEEPING MATTERS BECAUSE IT IS WORSHIP



# ROMANS 12:1

Therefore I urge you, brethren, by the mercies of God, to present your BODIES a living and holy sacrifice, acceptable to God, which is your spiritual service of worship.

## I CORINTHIANS 6:19-20.

Do you not know that your BODY is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore, glorify God in your BODY.”

## A. CLEANSE YOUR BODY

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II Corinthians 7:1

Let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.

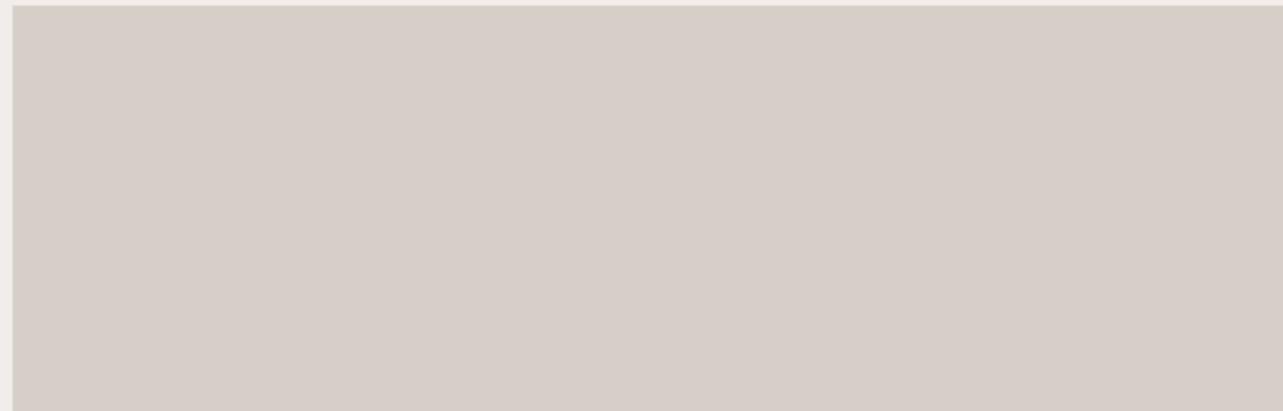


## B. CARE FOR YOUR BODY

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Ephesians 5:29

No one hates his own BODY but feeds and cares for it, just as Christ cares for the church.

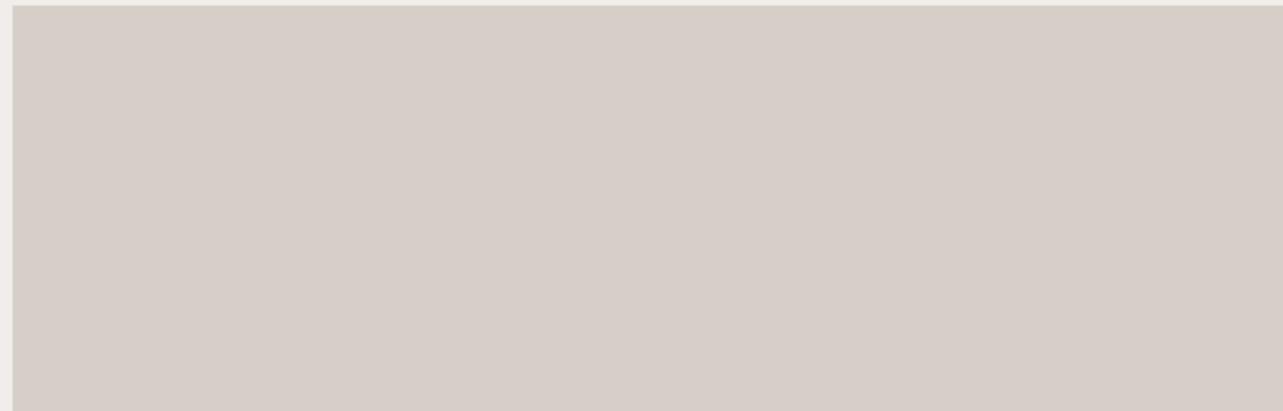


## C. CONTROL YOUR BODY

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I Thessalonians 4:4

Each of you should learn to control your own BODY in a way that is holy and honorable.



3. HOUSEKEEPING MATTERS  
BECAUSE IT IS SMART.

ANY ASSET LEFT UN-MANAGED  
BECOMES A LIABILITY.

It is just SMART to do whatever we possibly can to allow our houses to retain their vigor, their health, and their vitality as long as possible.

THE HEALTHIER WE  
REMAIN, THE MORE  
USEFUL WE CAN BE FOR  
GOD'S KINGDOM AND FOR  
HIS PURPOSES.

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“NO TIME FOR YOUR  
HEALTH TODAY, NO  
HEALTH FOR YOUR  
TIME TOMORROW.”

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