

Take Care of His Temple

1 Corinthians 6: 19-20, Philippians 4:8, 1 Peter 4:10-11

MIT Zach Butalid

1 Corinthians 6: 19-20

- 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.

Philippians 4:8

- ⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

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1 Peter 4:10-11

- ¹⁰ Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. ¹¹ If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen.

Objectives for Today

- Know: You are not your own He made you.
- Realize: You are God's Temple, Don't abuse it.
- Respond: If You want to be a living sacrifice you may need to make changes

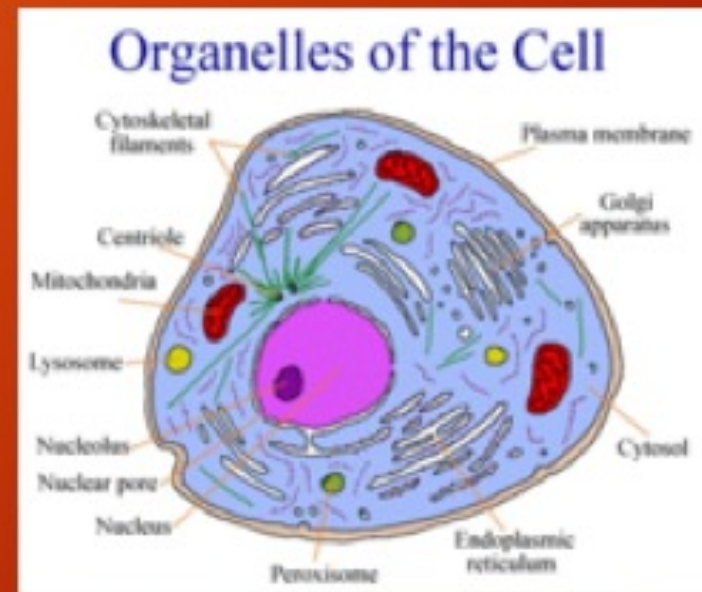
You are not your own He made you

- Psalm 139: 14 "Fearfully and Wonderfully Made"
- Genesis 1:26 "Made in God's image"
- Jeremiah 1: 5 "Formed, Consecrated, and appointed"
- Job 33:4 "Breathed life into us"
- Isaiah 40:29 "Gives us power"
- Isaiah 64:8 "Formed us with His hand"

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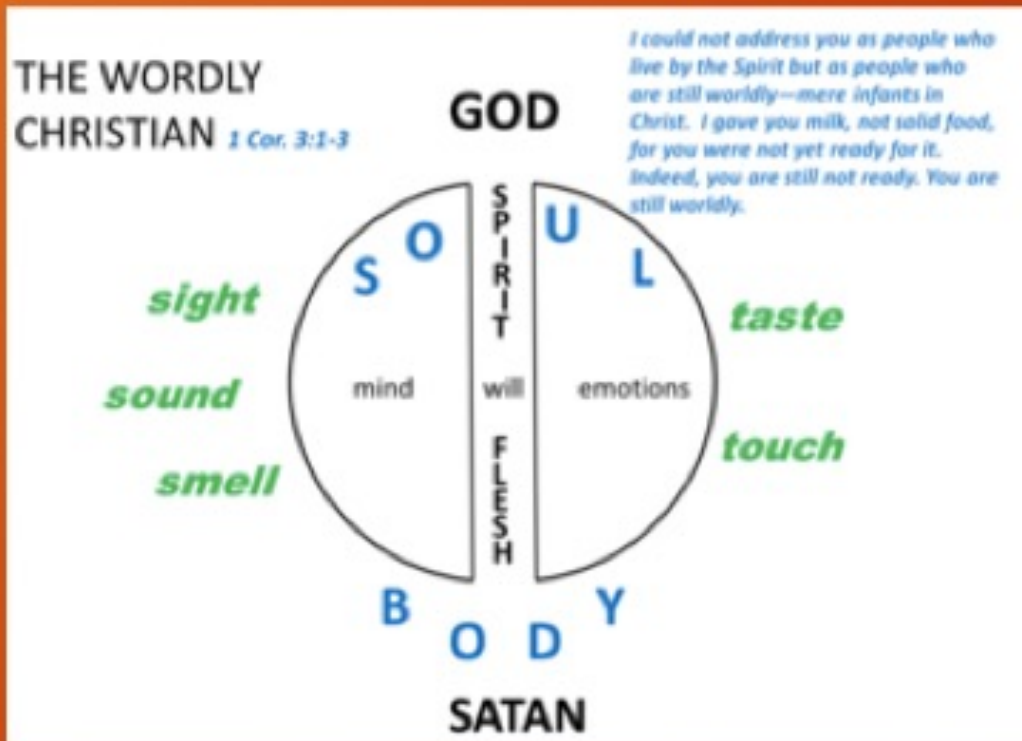
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Areas to build our physical temples

- Nutrition
- Fitness Flexibility
- Mental Health
- Rest
- Social Life

Nutrition- Daniel 1: 5-7

⁵ And the king appointed for them a daily provision of the king's delicacies and of the wine which he drank, and three years of training for them, so that at the end of *that time* they might serve before the king. ⁶ Now from among those of the sons of Judah were Daniel, Hananiah, Mishael, and Azariah. ⁷ To them the chief of the eunuchs gave names: he gave Daniel *the name* Belteshazzar; to Hananiah, Shadrach; to Mishael, Meshach; and to Azariah, Abed-Nego.

Nutrition- Daniel 1: 11-14

¹¹ So Daniel said to [d]the steward whom the chief of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, ¹² “Please test your servants for ten days, and let them give us vegetables to eat and water to drink. ¹³ Then let our appearance be examined before you, and the appearance of the young men who eat the portion of the king’s delicacies; and as you see fit, so deal with your servants.” ¹⁴ So he consented with them in this matter, and tested them ten days.

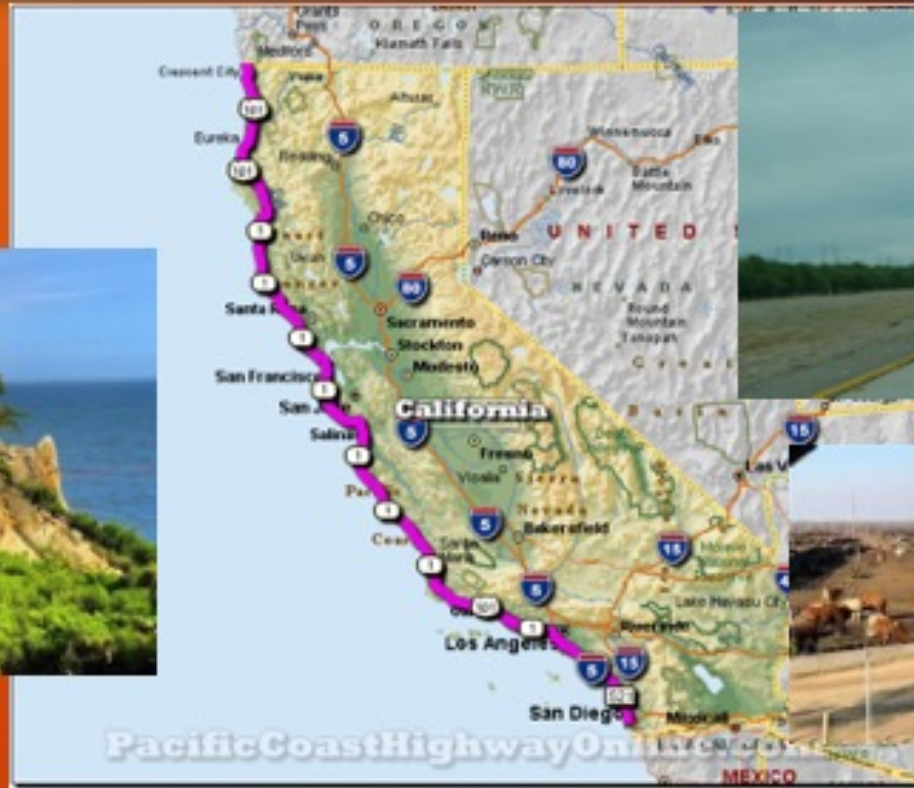
Nutrition- Daniel 1: 15-16

¹⁵ And at the end of ten days their features appeared better and fatter in flesh than all the young men who ate the portion of the king's delicacies. ¹⁶ Thus [e]the steward took away their portion of delicacies and the wine that they were to drink, and gave them vegetables

Fitness and Flexibility-



Fitness and Flexibility-



Mental Health

- Stress
- Depression
- Anxiety
- Life Events

Philippians 4:8 tells us what we need to focus on ⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Rest

- Mark 2:27
- Hebrews 4: 9-11 ⁹ There remains, then, a Sabbath-rest for the people of God; ¹⁰ for anyone who enters God's rest also rests from their works,^[a] just as God did from his.¹¹ Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience

Rest

- **Sleep Deprivation**

- Fatigue
- emotional irritability
- cognitive impairment
- physical impairment
- Psychosis
- Possible Death

- **Sleep Apnea**

- heart problems
- Diabetes
- Obesity
- Depression
- anxiety

Social Life

- **Romans 12:4-6** *"For just as each of us has one body with many members, and these members do not all have the same function, so in Christ, we though many, form one body, and each member belongs to all the others. We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith."*

If You want to be a living sacrifice you may need to make changes

- Ephesians 2: 8-10 ⁸ For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— ⁹ not by works, so that no one can boast. ¹⁰ For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

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- Lamentations 3:40 "Let us examine and probe our ways, And let us return to the Lord."

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- Philippians 1: 22-24 ²² If I am to go on living in the body, this will mean fruitful labor for me. Yet what shall I choose? I do not know! ²³ I am torn between the two: I desire to depart and be with Christ, which is better by far; ²⁴ but it is more necessary for you that I remain in the body.

Models for Change

- Precontemplation- maybe we are unaware, someone casually mentions something to us.
- Contemplation- We recognize that behavior needs change and its beneficial, no firm commitments, mentally noted.
- Preparation- Gather info, try and experience it with friends, purchase , gear, prepare yourself mentally come up with a plan.
- Action- You actually follow through with the plan. Most difficult stage prone to relapses.
- Maintenance- behavior is maintained for 5 years compliance to a specific program.
- Termination- After 5 years part of your identity, no longer self-monitoring it is a part of who you are.

Steps for Change

- Step 1- Goal
- Step -2 Assess your lifestyle
- Step 3- Design a plan
- Step 4 Predict obstacles
- Step 5 Plan intervention strategies
 - writing a contract, positive and negative reinforcements, have a support group, shape your behavior don't replace bad behaviors with other bad behaviors, journal, graph or chart results
- Step 6 Assess your compliance to your plans
- Step 7 Assess Progress to your goal

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Change

Romans 12: 2 ² Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Conclusion

- Know That God Made you for a Purpose
- Want to be a Christian be prepared for ministry
- Evaluate yourself and see how you can elevate as a Christian and create a plan to do so.