

What Does God Say About Your Body?

It's hard to change our habits, isn't it? I like to compare it to flying an airplane on autopilot going one way, and then immediately trying to change directions. You could attempt to physically force the stick to turn. But even if you could, the plane would drift back to its original course as soon as you let go of the wheel.

Changing your course takes much more than just expending effort. It takes changing your programming.

The same is true with your body and your health. To make a lasting change, you have to get out of autopilot and *change how you think*. Behind everything you do is a pattern of thinking that either keeps you healthy or makes you unhealthy. Sheer willpower won't change that! It is through God's power that we make a change, gaining strength from being rooted and grounded in His love.

The Bible says, *"What? Do you not know that your body is the temple of the Holy Spirit, who is in you, whom you have received from God, and that you are not your own? You were bought with a price. Therefore glorify God in your body and in your spirit, which are God's."* (1 Cor. 6:19-20, MEV).

How do you honor God with your body? You understand that your body is the temple of the Holy Spirit. You live with the eternal perspective that your body is not your own. Talk about a change in your autopilot! And the more you reflect on how God sees you—mind, body and soul—the easier living healthy is going to be.

To continue those healthy habits, it's important to share a commitment to healthy living with others. Find a group of friends who will love and support you through your journey and

for the rest of your life. And you can encourage them too!

The Bible says, *“You can develop a healthy, robust community that lives right with God and enjoy its results only if you do the hard work of getting along with each other, treating each other with dignity and honor”* (James 3:18, MSG).

The truth is, you’re going to slip up. You’re human, and there will be days when you want to unload your frustrations because you stumbled back into your old way of thinking. Those are the days when having a group to encourage and support you are really important to get you back on course toward a healthy lifestyle! {eoa}

Check out Rick Warren’s book, **The Daniel Plan**.

Rick Warren is the author of the New York Times best-seller *The Purpose Driven Life*. His book *The Purpose Driven Church* was named one of the 100 Christian books that changed the 20th century. He is also founder of , a global internet community for pastors.

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