

When You Recognize Who Your Body Belongs To

What if a manager was in charge of a company—but never followed the company owner's instructions?

Consider this question in light of 1 Corinthians 6:19-20:

"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."

This Scripture tells us our bodies belong to God, not to ourselves. After all, Jesus used His precious blood to pay for us!

As Christians, our correct perspective is that we are **managers** of our bodies, not owners.

A **manager** perspective should make a difference in how we treat ourselves. After all, managers must give account to the owner about how they manage their responsibilities, right?

Let's look at this scenario in the natural again. What would you do if you were a company owner, but had a manager who worked against your goals?

That manager would be acting in opposition to Amos 3:3:

"Do two people walk together, if they have not agreed?"

In the natural, a company owner would likely fire a manager who acted this way.

However, the Lord in His mercy does not fire us! He gives us time to align ourselves with His Word so we can grow in our

walk with Him—and His kingdom can grow!

The Lord knows our hearts. He knows when disobedience occurs because of ignorance. But He also knows when disobedience occurs from a heart hardened by rebellion.

Let's pretend that our manager acted in ignorance because she did not know about the company's purpose. Suppose the owner had provided the manager with instructions that outlined the company's aims, but the manager never read it.

The Lord has provided us with instructions too—the Bible. Do we take time to read it so that we can learn about our the Lord's purpose for our lives—and become better managers of our God-given resources?

In fact, some say Bible stands for:

- **Basic**
- **Instructions**
- **Before**
- **Leaving**
- **Earth**

To ensure that we are on the same page with God, we need to read His Word, ask the Holy Spirit for understanding and apply what we learn.

Because recognizing God's ownership of our body is so important, I plan to write the next few messages about what that means. Once we understand these truths, we can better align ourselves with the Lord.

Now, let's take a look at the first purpose for our bodies. In Isaiah 56:7, the Lord says of the ancient temple:

“Even them I will bring to My holy mountain and make them joyful in My house of prayer ... ”

Since our bodies are now temples of the Holy Spirit, the Lord

desires that they too be used as a house of prayer.

Is your body a house of prayer? If not, then start establishing daily communication between you and the Lord through prayer. Your communication does not have to be formal—just talk to Him as you go about your day as a child would talk to her beloved Father:

- If you feel anxious, seek Him.
- If you need wisdom, seek Him.
- If you need strength to do the right thing, seek Him.

That is what prayer is—you speak to God and listen as He speaks to you. Scripture says that in His presence is fullness of joy and at His right hand are pleasures forevermore (Ps. 16:11).

Are you missing that fullness of joy? Could it be you are overeating partially out of emotional emptiness? That can happen when your body isn't used as a house of prayer.

Today, resolve in your heart to start honoring God through recognizing His ownership of your body. That means taking time to talk with Him so that you can learn to discern His heart. In that way, you can take actions that please Him.

I also recommend writing down how your life would change if you saw your body as a house of prayer. To take your prayers to the next level, listen to our free prayer classes online.

In the next message, I'll cover another way to align yourself with God's purpose for your body in recognition of His ownership. {eoa}

*Once 240 pounds and a size 22, **Kimberly Taylor** can testify of God's healing power to end binge eating. She is an author and the creator of the Christian weight loss website . Visit today for inspirational health and weight-loss tips.*

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