

Will God Judge You on How You Treat Your Body on Earth?

Will God someday judge and reward you accordingly as to how you cared for your body during your life on earth?

I believe He might.

This is a topic I've never explored or written about, but it came to me when I was spending time with God this morning.

The Bible tells us in a several places that we will all stand before the judgment seat of Jesus (2 Cor. 5:10; Rev. 22:12; Rom. 14:10 and Eph. 6:8).

“For we must all appear before the judgment seat of Christ, that each one may receive his recompense in the body, according to what he has done, whether it was good or bad” (2 Cor. 5:10).

We will be held accountable for the good and the bad things that we have done, or not done, in our lifetime. This judgement is not to determine where we will spend eternity—in heaven or in hell—but this will be to determine the rewards that believers will receive for all eternity in heaven.

God has, and will continue to give us, certain gifts, resources, talents and opportunities to serve in His kingdom while we are here on earth. The Bible makes it very clear that Jesus will hold us accountable for how we have lived our lives.

One gift that God has given you and me is our body. The Bible indicates that once we receive Christ as our Savior that His Spirit, the Holy Spirit, takes up residence within us (John 14:17 and Eph. 1:13-14). Our bodies become a temple for the Holy Spirit:

“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).

Jesus paid a high price for us to have life in our bodies. He died a bloody death on the cross so that we might have life. For this reason, we are to honor God with our bodies.

I believe God desires us all to care for our bodies as a gift from God: to eat nutritious foods, to be physically active, to rest and sleep adequately, to drink plenty of water, to fill our minds and thoughts with things of heaven, to not engage in addictive behaviors. I’m sure you can add to this list many ways that God wants you to care for your body, His Spirit’s temple.

Now, if you are in a relationship with Jesus, imagine that you’ve died and one day are before Jesus. As He recounts your life—the good and the bad—might He also include in that review how well, or how badly, you’ve cared for your body?

I think He will.

If you think this also, perhaps this can be another motivator for you to take good care of your body, His temple. This will be another motivator for me.

I invite you to share your comments below. {eoa}

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