

Joyce Meyer: If You Aren't Doing This, You're Destroying God's Temple

Are you taking care of your body, which is the temple of Holy Spirit? If not, you're actually destroying God's temple, Joyce Meyer says. Taking care of ourselves physically takes a great deal of self-control and willpower.

"We are God's personal representatives, and He is making His appeal to the world through us," Meyer says. "You need to get good sleep; you need to drink plenty of water; you need to quit living on junk.

"And we just say, 'Well, if I ate one cookie, I've got to eat the whole bag. If I ate one chip, I've got to eat the whole bag.' No, let's rewind this thing: You're the temple of the Holy Spirit and God lives in you, and how do you expect to have authority over the devil if you don't even have authority over a potato chip?"

To watch the entire sermon, [click here](#).