



**BEING A
TEMPLE**

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Strong, Smart & Set Apart

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This week we are TALKING ABOUT
BEING A TEMPLE

GOAL:

Understanding that as a Christian you must pay attention to what you put in your body. Whether it's the right food or what you watch, we need to be daily aware of what's going inside.

WHAT DOES THE BIBLE SAY ABOUT BEING A TEMPLE?

Our bodies are so important and holy that the Lord calls them temples. All throughout the Bible, it explains how to take care of the body that God has given to you.

BEING A TEMPLE



Here are two main questions to think
about in our weekly Bible study:

1. **WHAT ARE YOU?** The temple of God.
2. **WHAT IS A TEMPLE?** A building dedicated to [set apart for] worship; any place where God lives.

You want to make sure you are dedicating your body to the right things that God has provided to you. Jesus created you to be His temple—a place where He will live and be worshiped by you. That's why it's important to want to keep the place where God lives pure, holy, and healthy!

BEING A TEMPLE



TAKE TIME AND MEMORIZE OUR
VERSE FOR THE WEEK:

Don't you realize THAT YOUR BODY IS THE temple of the
HOLY SPIRIT, WHO LIVES IN YOU AND WAS GIVEN TO YOU
BY GOD? YOU DO NOT BELONG TO YOURSELF, FOR GOD
BOUGHT YOU WITH A HIGH PRICE. SO YOU MUST HONOR
GOD WITH YOUR BODY.

1 CorinThiAns 6:19 & 20

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BIBLE READING FOR THIS WEEK:

1 CORINTHIANS 3:16-17 // LUKE 10:27 /// EPHESIANS 2:21-22

Let's review AND writing activity:

If the HOLY SPIRIT were writing rules for your home, WHAT rules would He have?

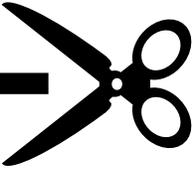
Here is a hint...in LUKE 10:27, JESUS SAYS, "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind"; and, "Love your neighbor as yourself."

If you were to do that... what would it look like? How would you take care of your mind? Your body? Your heart? Your neighbor(others)?

In a notebook let's write a 'Homeowner's Manual' for the HOLY SPIRIT.

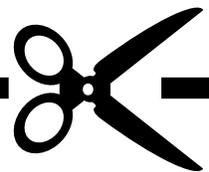
How would the HOLY SPIRIT want you to take care of His home? What would He want you to do? What would He want you to stay away from?

Cut out this week's memory verse
AND PUT it where YOU CAN see it!



**DON'T YOU REALIZE THAT YOUR BODY
IS THE TEMPLE OF THE HOLY SPIRIT,
WHO LIVES IN YOU AND WAS GIVEN TO YOU BY GOD?
YOU DO NOT BELONG TO YOURSELF,
FOR GOD BOUGHT YOU WITH A HIGH PRICE.
SO YOU MUST HONOR GOD WITH YOUR BODY.**

1 CORINTHIANS 6:19 & 20



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MAKE A LIST IN YOUR NOTEBOOK. YOU WILL GO OVER 4 AREAS. WE WILL GIVE YOU A FEW EXAMPLES BUT START THINKING WHAT YOU CAN ADD:

MIND:

1. PROTECT YOUR MIND FROM SIN. BE CAREFUL WHAT YOU WATCH ON TV OR THE INTERNET.
2. LISTEN TO MUSIC WITH GOOD WORDS. READ BOOKS THAT WOULD HONOR HIM.
3. SURROUND YOURSELVES WITH GOOD FRIENDS; PEOPLE WHO WILL ENCOURAGE YOU TO DO THE RIGHT THING.
4. STUDY GOD'S WORD.
- 5.
- 6.

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BODY:

1. Exercise.
2. Eat A BALANCED Diet of foods.
3. Get your sleep.
4. And A shower every once in A while! :)
- 5.
- 6.

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HEART:

1. ASK for forgiveness of YOUR sins.
2. HIDE GOD'S WORD in YOUR HEART.
3. Be COMPLETELY HUMBLE AND GENTLE.
4. Be THANKFUL.
- 5.
- 6.

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OTHERS:

1. Think first ABOUT GOD, then others.
2. Love is PATIENT, love is KIND...
3. Live PEACEABLY WITH ALL. (Don't start fights!)
4. Forgive PEOPLE WHEN THEY HAVE WRONGED YOU.
- 5.
- 6.



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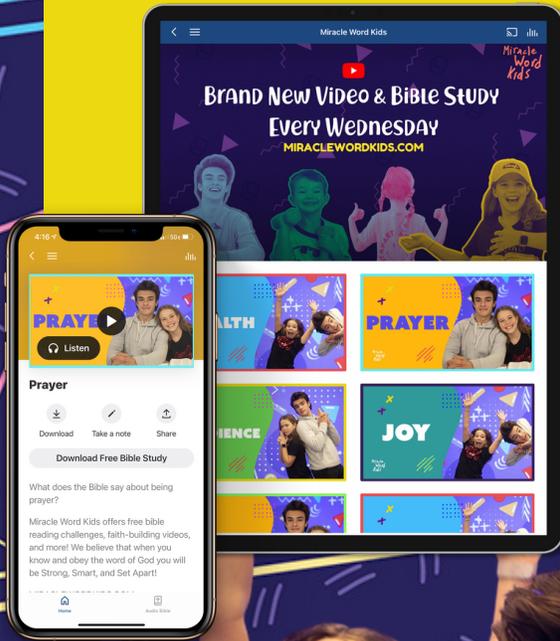
How CAN we PRAY?

**THANK YOU, JESUS, for creating me AND for
SHOWING me WHAT I need to BE HEALTHY in my
PHYSICAL BODY AND with my SPIRITUAL man. I'm
GOING to KEEP my BODY temple A PLACE where
You will WANT to live. I Love You, Jesus.
Amen.**



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