

During the last study we learned of the everlasting gospel, the good news that God has invited each and every person on the earth to accept forgiveness and eternal life with Him. You may have made the decision to accept the invitation, and invited his Holy Spirit to come into your life and live within you. I want to tell you the Bible says there is more singing in heaven over one who repents than over 99 who have no need of repentance.

God loves you and he has done everything He can to give you life. And throughout this seminar we've discovered that he has a plan for our lives, plans to prosper us and not to harm us. Plans to give us a hope and a future. Plans to give us life, **not only in the future, but to give you an abundant life here and now.**

In the gospel of John, Jesus contrasts what He offers to what Satan offers.

John 10:10 ¹⁰*The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.*

Something you learn very soon as you read the Bible. I'm sure that you who have been studying already know that the devil, God's enemy has plans for you of a different kind. He has plans to bring hopelessness and emptiness into your life. Plans to harm you and make you captive, plans to bring fear and bondage into your life – in the hope that he can take FOREVER away from you. And just as God offers you eternal life, So the enemy aims to take your life away.

It's amazing that so many people are out there running from God! Well in this study I want you to know that God is interested not only in your eternal life, he's also interested in the life you already have.

3 John 1:2, ²*Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.*

You know something that the Gnostic Greeks used to do was compartmentalize life into a whole range of separate little lives. They thought in terms of the body, being separate to the mind, separate the emotions and so on, and to some extent people still do it today – have you ever talked about your love life, or your spiritual life as though they were separate little lives?

Either way, it's a **common misconception** that how you look after your health has nothing to do with how well you are able to think, or for that matter **your relationship with God and so they reason it's not all that important. Don't you believe it!!**

Your physical health is every bit as important as your walk with God because the two are vitally connected. If you find that hard to believe, stop breathing for 10 minutes and see how well you're able to pray. By the way, what do you think your brain is made of?

OK. When we talk about health, it's helpful for us to realize that the natural laws of health are irreversible, just like gravity! So let's take a look at these to help us make some decisions together about how we can better look after our health.

Here they are:

1. You only get one body

2. Take care of your body, it will serve you well. Abuse your body and you can expect it to fall apart early. In other words you reap what you sow.

It doesn't matter how much you love the Lord, if you don't take care of your body it will fall apart on you! So let me ask you something. "If I could show you how to have 7 more years of life, and at the same time reduce your risk of several types of cancer, would you be interested?" Ladies I know some of you would be happy to know that it will make you look about 7 years younger throughout your life as well – how about that?

What we share with you tonight is not only free, but is TRIED AND TESTED. In fact for this very reason Adventists are one of the most studied group of people on the planet. They outlive other people! Let me ask another question: If all you had to do was to follow some amazingly simple guidelines, would it be worth it? It really is simple as we're going to learn tonight – let me illustrate

Christia and I are in the hunt for another car to replace the one we currently own. We're hopeful of buying something that we can look after and own for several years to come.

Now let's say we go down to Turner's Auctions and find a beautiful late model car, complete with fuel injected turbo and with very low kilometers on the clock. Excitedly we get it home and read the owner's manual as we sit on the couch and we read it through together. Weeks go by, and we watch the price of petrol continue to rise as it does – we decide that we're going to stop using the high octane fuel that the owner's manual insists on. And we feel a little guilty about it because there are stickers all over the inside of the fuel cap saying high octane only, but we say to ourselves "It'll be fine – this standard petrol will work just beautiful.

Well we notice a bit of a drop in the way the car performs, and it runs a bit lumpy at the lights, but all in all we're sure it'll be fine. But it's not long before my wife Christia discovers that diesel is actually quite a bit cheaper than the petrol, so she makes the switch to diesel. (She'd never really do this of course!!) Well it's not long before our late model car decides it's going to be the late late model car, and on the motorway one day, smoke begins pouring from the exhaust, it loses all power and we find ourselves and our 2 little boys on the side of the road. Soon enough the AA guy comes and organizes a tow back to a local workshop. As the mechanic searches for the cause of the problem. Sure enough the turbo is toasted, and the engine has totally seized. Further investigation reveals the source of all the trouble – and discovers that we've been using diesel instead of high octane petrol. Without a word he digs around in the glove compartment for a certain Owners manual. He

turns to about page 5 and tosses it in our direction – In three words he sums up the situation – *Read the book!*"

But in a similar way our bodies are incredibly complex organisms, fearfully and wonderfully made. And knowing **who** made us this way, would it surprise you to learn that He also gave us some instructions as to how to look after them? And wouldn't that make complete sense? **He made the human body so He knows what makes it run best.**

And the Bible says your health is important to God – it says that by the way you look after it and use it, you should bring glory to God.

1 Corinthians 10:31 *³¹So whether you eat or drink or whatever you do, do it all for the glory of God*

In everything we do – even down to the way we eat and drink – in everything – let your lives be to the glory of God! You might be asking, "Why is God so interested in how I treat my body?" In chapter 6 of the same book v:19-20 Paul tells believers "***you are not your own, you were bought with a price. Therefore honour God with your body.***"

You are not your own! You belong to God!

But now look with me at 1 Corinthians 3 which really drives at the whole point of what we are saying tonight. The reason we want to take care of our bodies now is because the Holy Spirit of God has made it His dwelling place. The Bible says your body is the temple (dwelling place) of the Holy Spirit!

1 Corinthians 3:16-17, *¹⁶Don't you know that you yourselves are God's temple and that God's Spirit lives in you? ¹⁷If anyone destroys God's temple, God will destroy him; for God's temple is sacred, and you are that temple.*

Now that's a pretty serious statement about looking after your body don't you think? So as we open our study, let's agree on two key reasons you would choose to look after your body:

- 1. You will live longer, healthier and happier**
- 2. You belong to God – and your body is HIS TEMPLE.**

So let's look at what the Owner's manual (the Bible) has to say about taking care of the temple of God. Let's start with the obvious and work our way through to the less obvious, but equally important.

Let's start with drugs and alcohol. I think for the most part our society is doing a pretty responsible job of educating people about the damage these two alone do to the body. But let's take a quick look at them again in case any of you were in any doubt.

The Bible doesn't say, Thou shalt not smoke. Nor does it say "Thou shalt not shoot heroine, or sniff cocaine!" But the principle is obvious. Fill your petrol tank with diesel and you're going to pay for it. In this country at least, the Government requires the tobacco industry to put graphic warnings on every tobacco product they sell. You see the fact is that there are 18 active poisons in tobacco, the prominent one being nicotine. A half a drop of raw nicotine placed on the back skin of a rabbit will kill it.

In every cigarette there are two and a half drops of nicotine. Fortunately the human body absorbs it slowly otherwise a person would be dead from one cigarette. But it sooner or later catches up with you as the figures show.

Sadly, this year alone 700,000 people a year will die of cigarette smoking related diseases, 100,000 of these will die from cancer. **So let me ask you...can you smoke to the glory of God?**

I'm being facetious of course, and no doubt in a group this size there will be at least a few of you who are eager to give up smoking and simply need help on how to do it.

Some of you tonight will be so fed up with your habit you're ready to kick it now. I'd be happy to meet with you and show you how in the space of 15 minutes you can give it up once and for all. Having said that there will be some of you that need a little more help, and you need to know that if you really want to kick the habit, we'll stick by you as you do that.

Well let's talk a little about alcohol. It's the most commonly consumed drug in New Zealand. Harmful effects include Brain damage, addiction, stroke, blurred vision, slurred speech, bleeding throat, heart disease, irregular heart beat, stomach ulcers, liver disease, liver failure, muscle weakness, intestinal cancer, intestinal ulcers, impotence in men, infertility in women, osteoporosis to name the main ones. In America alone, 95,000 deaths a year are the direct result of drinking, 800,000 car crashes resulting in 25,000 traffic deaths are the result of drinking.

Well it shouldn't surprise us that the Bible gives us quite a bit to say on the subject of alcohol. As we read through these texts, I want you to ask yourself if alcohol is one of the fuels we should be pouring into our bodies. **Ask yourself – can we really drink alcohol to the glory of God?** Let's see what the Bible says. Proverbs 20:1, ¹ *Wine is a mocker and beer a brawler; whoever is led astray by them is not wise*

Some of you will say that a glass of wine with your meal is good for you. Let me tell you that alcohol does nothing for your body. If you want the benefit of a glass of wine without the damage from the alcohol – tell me what should you do? GRAPE JUICE – rocket science? We could say a lot about wine, but I don't think we need to tonight. I have chosen Proverbs 23:29-32 as a verse that kind of sums up God's

advice to us on the matter. Listen to what it says - you would think this was written yesterday about some of the people you work with every day, when you see them roll up for work on a Monday morning!

Proverbs 23:29-32 ²⁹ *Who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes?* ³⁰ *Those who linger over wine, who go to sample bowls of mixed wine.* ³¹ *Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly!* ³² *In the end it bites like a snake and poisons like a viper.*

God says don't touch the stuff. Don't gaze at it, don't be fooled into thinking it's a friend, because in the end it bites like a snake and poisons like a viper! God's advice – do you think it's there to restrict you or to bless you? This is an important question to answer when we talk about the body. It's important to realize this, that God will not withhold anything from you that is for your eternal best after all. It is God who created you in the first place!

God's advice is given to bless you. In fact I can think of members of my own family that would be healthier, happier and much much better off if they had only taken God's advice as it relates to alcohol, and never touched that first glass. Statistics tell us that there are a whole bunch of people out there who would be so much better off for the same reason. Did you know that three out of 10 who start out as "light drinkers" end up as alcoholics.

But lets imagine for a moment that we ignored the toll that alcohol brings on families in our society, I guarantee that almost every one of you here tonight knows the damage it does to brain cells, to the liver, and to the body in general, not to mention unborn children! Can you imagine arriving in heaven one day and finding Jesus and the angels over by the brewery/distillery near the river of life busy producing beer, wine, and vodka? No, because these things work to take your life, not to bless it. God's plans for your body are far superior –

Let's listen to the words of Peter

1 Peter 1:13 ¹³*Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed.*

And Paul, Ephesians 5:18 ¹⁸*Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit*

If you want to fill up on something that will change your life, invite His Holy Spirit into your life, and I promise you, your life will change in ways that will only be good for you.

Well we said we were going to discover ways in which we could live 7 years longer. I hope you're ready for this! Having looked at the obvious effects of tobacco and alcohol on the body, let's now look at your primary source of fuel – what is it?

THE FRIDGE !! Before we get into what the Bible has to say, let's agree that highly processed food is not good for the body.

Fast Food, foods high in fat or sugar, you know the stuff, highly processed foods, rather than nourishing us, take health away from us.

Overeating, another word for it is under-exercising. More fuel going in than is getting burned up on the road. Clearly overeating is something that's going to rob you of health pretty fast. Too much food results in your body not being able to process or use it all, which can lead food not digesting fully, which in time can give rise to problems in the digestive tract. If your body is somehow able to process the food, because your intake exceeds what your body actually uses or burns up, the rest of it is simply stored as what we call fat. As New Zealanders are now finding out (TV shows – Jenni Pearce, Nikki Hart 'Fat Chance etc) because it's becoming common place here now, extra weight starts to affect the rest of the body in more ways than one, and what you end up with is a situation that compounds itself very naturally. Of course it wasn't such a problem in the old days, because we used to eat a lot simpler, walk a lot more and do a lot more physical work. But it's important particularly with the kinds of foods we eat today, and our sedentary lifestyles, that we keep an eye on this. So one of the basic rules for the fridge is to eat in accordance with your body's needs.

Well what about the kind of food we eat? Does the Bible say anything about this? Yes it does. You see, in the beginning when man was fresh out of the earthing suite (not birthing suite) God gave to man the best diet.

GOD'S OPTIMUM DIET

Let's read about it in Genesis 1:29, ²⁹ *Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.*

God gave a simple diet of fruits, grains, nuts and later vegetables. Many years later, in fact after the flood, man began to eat meat. (It made a lot of sense for him to eat meat at that time because there were no plants because they had all been under water for months.) So God permitted them to eat the meat (some of you are wondering how they ate meat when Noah only had two of each kind on the ark right? Turn to Genesis 7:1-2,

Genesis 7:1 ¹ *The LORD then said to Noah, "Go into the ark, you and your whole family, because I have found you righteous in this generation. ² Take with you seven of every kind of clean animal, a male and its mate, and two of every kind of unclean animal, a male and its mate,;*

Now God said it was OK for them to eat meat. In fact God knew there would be no plant life after the flood, **He made provision for Noah to eat meat.** Let me be clear about that.

But note these amazing facts. The first eight generations before the flood living on God's original diet lived a long time. Adam lived 930 years, Seth lived 912 years, Enoch lived 905 years, Canaan lived 910 years, Jared lived 962 years and Methuselah lived 969 years.

Now look at generations after the flood, after they began eating meat.

Shem lived only 600 years; Peleg lived 239 years, and eight generations later Nahor lived only 148 years. **Can you see the drop in their life span?**

Not only did God design mankind with a plant-based diet in mind, there appears to be no doubt here that the human body actually flourishes longer and livelier without any meat at all. And if you want to live longer and healthier, learn to live an active, healthy life, with plenty of rest, and learn to eat a balanced vegetarian diet, or at the very least, a diet that is 2/3 plant based and only 1/3 animal based.

Some of you are wondering about the clean and unclean meats that God told Noah about. The ones we can eat and the ones we can't – how do we know which ones are which? Incidentally, I should tell you that there will be some who will say to me "Clean and Unclean meats were only for the Jews." But when we read in Genesis about Noah and the clean and unclean meats – how many Jews were there in his day? There weren't any!

God told NOAH about the meats he could and couldn't eat because the natural laws of health are universal. They relate to the human body and it's proper care. In fact as we look what God had to say about meat, we see there is good reason to it all.

In fact God gives us simple guidelines that **follow common sense**. If you imagine what we call the food chain, with the hunters at the top of the chain and the scavengers at the bottom, God tells us to steer clear of one of these groups. Can you tell me which one? Right. Basically he says steer clear of the garbage collectors, Don't eat the scavengers of the earth, the sea or the air. These animals he calls unclean, and he says stay away from them, they are not the kind of fuel you want to be filling up on!

The Bible tells us in Leviticus 11:2-8, ² *"Say to the Israelites: 'Of all the animals that live on land, these are the ones you may eat: ³ You may eat any animal that has a split hoof completely divided and that chews the cud. ⁴ " 'There are some that only chew the cud or only have a split hoof, but you must not eat them. The camel, though it chews the cud, does not have a split hoof; it is ceremonially unclean for you. ⁵ The coney, though it chews the cud, does not have a split hoof; it is unclean for you. ⁶ The rabbit, though it chews the cud, does not have a split hoof; it is unclean for you. ⁷ And the pig, though it has a split hoof completely divided, does not chew the cud; it is unclean for you. ⁸ You must not eat their meat or touch their carcasses; they are unclean for you.*

It must have a split hoof, and chew the cud to be clean. This then would include cattle, deer, lamb, goat, et cetera, as good clean meat. **It does not include, the**

pig! You see the pig is a scavenger, he eats garbage. Even our medical world today is telling us the hog is unfit for food. Note what medical research has established about the hog. This quote is taken from the *Reader's Digest* article entitled, *Must Our Pork Remain Unsafe?*

"A single serving of infective pork—even a single mouthful can kill or cripple or condemn the victim to a lifetime of aches and pains. For this unique disease, trichinosis, there is no cure. With no drug to stop them, the worms may spread through the muscular tissues of the entire human system. One of two things then happens, depending on the intensity of the infection. Either death ensues or a successful effort is made by nature to throw an enclosure, or cyst, around each of the teeming parasites, which then become dormant although they remain alive for years. ... Do not blame your doctor. All that the best doctor can do as yet is to conserve the patient's strength and try to relieve painful local symptoms as they appear. What these symptoms are, the layman had much better not worry about. Trichinosis can simulate in some degree almost any other malady. Physicians have confused trichinosis with some 50 ailments, ranging from typhoid fever to acute alcoholism. That pain in your arm or leg may be arthritis or rheumatism, but it may be trichinosis: that pain in your back may mean a gall-bladder involvement, but it may mean trichinosis."

Autopsies show that one out of six Americans carry live trichinosis parasites in his muscles. The U.S. Department of Agriculture reviewed 24 cases of trichinosis, 22 of which came from pork. And according to an article in the Illinois Health Messenger they found one out of five pork products in the market had live trichina parasites in it. So the Bible rule is, if it divides the hoof and chews the cud it's okay to eat. If not, it's not – don't touch it!

What about fish and sea food? The Bible continues in Leviticus 11:9-12 to tell us how to know it's clean. ⁹ " ***Of all the creatures living in the water of the seas and the streams, you may eat any that have fins and scales.*** ¹⁰ ***But all creatures in the seas or streams that do not have fins and scales—whether among all the swarming things or among all the other living creatures in the water—you are to detest.*** ¹¹ ***And since you are to detest them, you must not eat their meat and you must detest their carcasses.*** ¹² ***Anything living in the water that does not have fins and scales is to be detestable to you.***

It must have fins and scales. That includes a nice variety of fish, like trout, snapper, Teraki, Brim, etc, However, it also eliminates a lot of seafood lover's favorites— In Australia they have a saying – "Put another shrimp on the Barbie." These are out, along with crabs, clams, oysters, shrimp, lobsters, shark and eels – these creature serve an important purpose in the eco system – but were not designed for human consumption. Notice this article from *Prevention Magazine* establishing what God already told us.

"Why are shellfish so dangerous? Because they are many times more polluted than the filthy water they inhabit. Unfortunately they choose to live and love and multiply

in estuaries along coastal regions. These estuaries are particularly subject to discharge of sewage, sewage effluent and other waterborne pollution ... the polluted aspect of their habitat is one danger. The fact that bivalve shellfish are filter-feeders compounds the danger. Oysters, for example, because of their way of obtaining and absorbing food, have been found to concentrate polio virus up to 20 to 60 times the level of the surrounding seawater. No other animal food offered on the menu of your favorite eating place would be served to you along with its feces. Yet this is the case with seafood. It is served whole; complete with its intestinal tract."

Again we see that God created these unclean shellfish to clean up the ocean and its pollution. As with all unclean animals, the blood carries this disease into the meat, which when eaten, spreads the disease throughout the body. We can thank God for the Bible which tells us these things!

What about the birds?

Again it's basically the scavengers which God says are unclean. Leviticus 11:13- 19 lists most of them. Many of the fowl we eat today are clean--turkey, chicken, quail, et cetera.

Now some of you are thinking "I'm sure there are a few verses in the New Testament that say it doesn't matter what we eat". Well there are a couple of them, and we'll take a look at a sample of them now, but a full explanation of these is found in the supplementary handout that accompanies this study. OK – lets take a look at one of these passages in Mark chapter 7. Incidentally you can see the heading there at the top of the section – what does it say? "Clean and Unclean"

Let's read: Mark 7:14

Again Jesus called the crowd to him and said listen to me everyone and understand this. Nothing outside a man can make him unclean by going into him. Rather it is what comes out of a man that makes him unclean."

V19 Don't you see that nothing that enters a man from the outside can make him 'unclean'? For it doesn't go into his heart but into his stomach, and then out of his body. (In saying this Jesus declared all foods clean.)

And you say well that nails it doesn't it? Well hang in there with me for round 2! Would you like to know what the original greek says? Here I have a Greek/English Interlinear Bible – which gives us a bit more insight.

V19 says *"because it enters not of him into the heart, but into the belly, and into the draught goes out, purifying all the food."* NKJV says *"and is eliminated, thus purifying all foods?"*

Now I don't want to criticize the translators of the NIV, but it occurs to me that this is one spot where they have put their own spin on things. OK – so v19 has been mistranslated, but isn't Jesus saying the same thing in as many words? You tell me – how should we determine this? We would need to look at the situation he's addressing right? We should look at the CONTEXT of the discussion? I came home

the other day and overheard my wife on the phone saying things like “He’s so lazy, he just sleeps all day!” and “When he is awake all he does is lie on the couch!” Now you would think that I might get very upset at this point, but being the good husband that I am I took time to hear the context. And I heard her say “He’ll be 6 weeks old on Tuesday.” She was talking about our new son Payton.

So let’s take a look at the context of this passage.

V1 –

*The Pharisees and some of the teachers of the law who had come from Jerusalem gathered around Jesus and saw some of his disciples eating food **with hands that were “unclean,” that is unwashed.** (The Pharisees and all the Jews do not eat unless they give their hands a ceremonial washing, holding to the tradition of the elders. When they come from the marketplace they do not eat unless they wash. **And they observe many other traditions, such as the washing of cups, pitchers and kettles.**)*

Jesus was not addressing clean and unclean meats, he was talking about the ceremonial cleansings that were part of the Mosaic law. The Jews had no question about which meats were unclean, and would never in their wildest dreams imagined that Jesus was saying that unclean meats had suddenly become clean! Similar passages are found in other places in the NT – here’s another one:

Colossians 1:16,17 is a good example

*“Therefore **do not let anyone judge you by what you eat or drink, or with regard to a religious festival, or a new moon celebration or a Sabbath.** These are a shadow of the things to come; the reality however is found in Christ.”*

So again Paul is addressing issues in the early church that had to do with certain special feast days and celebrations, special Sabbaths and the foods and drinks, and ceremonial preparation of these that were to accompany them. These things were done away with in Christ. He is NOT doing away with the distinction between clean and unclean animals that was given way back when Noah and his family first ate meat, nor is he attempting to do away with the weekly Sabbath that has been with us since creation as we have studied already together. In Corinthians, Paul deals to the matter of whether food that has been offered to idols is unclean, and again in Romans 14 he deals to a similar issue.

We might ask Why didn’t Paul spell it out for us in a way that leaves NO doubt in our minds? The answer is simply this. Paul wasn’t writing to us! He was writing to first century Christians for whom there was no doubt what Paul was saying.

The fact that he doesn’t make a deal of it is the greatest proof that there just wasn’t a deal to be made! Furthermore, if Paul was now saying “It doesn’t matter what you do with your bodies anymore, it would go against what he said just 2 chapters earlier in Romans 12:1:

Romans 12:1

“Therefore I urge you brothers, in view of God’s mercy to offer your bodies as living sacrifices, holy and acceptable to God, this is your spiritual act of worship.”

Why? In view of God’s mercy. We have been bought with a price. Now we belong to God and His Spirit has made His home within us.

I want to come now to the last area we need to cover in this study, and it has to do with a part of you that is vitally important to God. We need to cover this because of our tendency to want to ignore it, and because of the extreme damage it causes to the temple of God, to you, and your relationship with Him. Can you guess what it is? Turn in your Bibles to 1 Corinthians chapter 6. Somebody call it out when you know what it is.

That’s right – sexual sin.

Sexual sins have a way of cutting us off from God like no other sins and we need to understand this so that we can deal with them. What sexual sin does to a person and their relationship with God can be likened to walking into Solomon’s temple with a sledgehammer and letting fly. Then once you’d bashed a few holes in the walls, you take to those marble walls with spray paint and you spray paint all over those pure white pillars.

What is sexual sin? This may be news to some of you and that’s Ok. This is not to condemn anyone but to help you bring your life, your body to God.

Sexual sin is any sexual thing outside of a husband and wife marriage relationship. It includes sexual act outside of marriage that belongs only in a marriage. That may be with the person you intend to marry, regardless of your intentions, if you have not exchanged lifelong vows and become **one**, the Bible says you are not ready to become ‘**one flesh**’. Sexual sin includes any sexual thing with anyone outside of your marriage.

And finally it includes what we take in with our eyes. Men, pornography is not acceptable. Of course there was no such thing in Bible times – the camera wasn’t around in those days, but look at what Jesus said in Matt 5:28 *“if a man lusts after a woman in his heart, he has committed adultery with her”*. Jesus said it of men, but the same applies to women – with erotic reading material of any kind. What we let our eyes feast on can do us serious harm. Sex in itself is a pure thing. It was made by God as an act of supreme intimacy between two people who have vowed to spend the rest of their lives together. It is the deepest expression of the marriage commitment. And when it happens outside of that commitment the Bible calls it perversion. The greek word is porneia from which we get the word pornography. God says RUN FROM IT as fast as you can – because it not only destroys your relationship with him, some of you know just how loudly the Holy Spirit speaks to us on this very issue. It not only harms your future marriage relationship, but it also

harms you, and it damages your relationship with God. We either respond to the Holy Spirit, or we try to numb His voice by reasoning that it's not that bad.

Listen to what Paul says to us in 1 Corinthians 6:18-20:

Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your body.

Now some of you might be asking yourself how you're ever going to correct what happened in the past or to correct what may be happening now. Let me simply say this. God can not only totally restore damaged temples, but it is His core business. He wants to live within you. What He calls you to do is respond wholeheartedly, to turn from your sin and to come to Him as you are and allow Him to lead you out of it. And He will do that.

In this study we have talked about living longer, healthier and happier? Let me ask you, "do you want to know a deepening personal relationship with God that will last FOREVER?" I trust that what you have learned in this study is going to bless you in the days, weeks and years to come. I can guarantee you without a shadow of a doubt that if you follow the principles God has given us in His Word, you will live longer, healthier and happier. God's will for your life is to bless you and to give you a hope and a future.

If there is anything we have covered in this lesson to do with your body being the temple of the Holy Spirit that you would like the chance to simply talk it over with someone, please take a moment after we close to come and make an appointment to see either myself or Pastor Hugh. Let's close with the words of Paul to the church in Rome. **Romans 12:1- 2** to present our bodies to Him, a living sacrifice.

Romans 12:1 ¹*Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.* ²*Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

This is our reasonable service. May God bless you with health, and abundant life in Him as you follow His Word in your life!

Next Lesson #14 – The Mark of the Beast