

# You are called to take care of Your Body, the Temple of God!

Your Responsibility is to take care of your body for it is the temple of God. You will be held accountable to God on how you take care of your body.

1 Cor 3:16-17, 6:12  
2 Cor 5:10  
Romans 14:12

The foundation of the Health of the Body is integrally connected to what we allow ourselves to "think on" and what we allow ourselves to "speak". If these two areas are not controlled with life giving thoughts and words in line with the Word of God, the other areas pertaining to a healthy body will be of little benefit. If our thoughts and words are life giving and we are keeping an eye on nutrition, exercise and sleep, then and only then can you expect to have balance which will yield a healthy body and "Temple of God".

