

# What If I Really Embraced The Truth That My Body is HIS Temple?

*The Apostle Paul said, “Do you not know that your bodies are temples of the Holy Spirit, who is in you, who you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.” ~ 1 Corinthians 6:19-20*

Since the Old Testament times, God has dwelt with us. First through the Tabernacle and then through the Temple, and now through the indwelling of the Holy Spirit. Just as the Tabernacle and the Temple were sacred, so is your body. Do you treat your body as sacred? Do you keep it clean, nourish it with healthy foods, hydrate it with lots of water, clean it, maintain it, and keep it in excellent condition?

According to the World Health Organization, America is the most obese country in the world. The prevalence of obesity tripled worldwide between 1975 and 2016. Why? First, because it's easy to follow our desires and overeat or eat foods that are without any nutrient value whatsoever. We excuse ourselves by declaring how these foods taste so good, how couldn't you over-indulge? And secondly, because food manufacturers put chemicals in their products to drive sales and drive addiction to those foods. Research has shown that sugar is as addictive as cocaine and it is an ingredient used in most foods- usually to excess.



As a Christ-follower, we know that Scripture promises *“I can do all things through Christ who gives me strength.”* (Philippians 4:13) yet we choose to journey through life over-weight or obese claiming it's just too hard to avoid great looking, great tasting but really bad foods? Hmmm. That is contradictive.

What kind of Ambassadors for Christ are we when we demonstrate an unwillingness to honor His temple or believe we can change? I think we need to take this issue more seriously than we currently do in our nation. Now, let me be clear, this isn't meant to guilt or shame anyone-including myself-who has struggled with weight issues. It is to encourage us to...

- ◆ begin seeing food differently
- ◆ address our thoughts around food that are keeping us stuck
- ◆ give God the opportunity to show us His power in this area of life
- ◆ give us an opportunity to demonstrate to God our love and dedication to Him and His ways of living versus our own

## Place to Start

A great place to start is to address your thinking around food. Until your thinking changes, your actions won't change. If for instance, you aren't willing to see cake, cupcakes and cookies as full of ingredients that harm His Temple—your body, then these foods will continue to ensnarl you.

Here are some common rebuttals that keep people stuck:

I don't have time (to meal plan, cut up vegetables, or eat healthy). Hmm. That's like saying you don't have time to put gas in your car. I bet putting gas in your car is a priority for you so you make it happen. Why isn't caring for your body well a priority for you? What else could possibly be more important? Eating is a fundamental part of living so wouldn't it be wise to hone your skills around this first?

I HATE cooking. I can understand not liking certain tasks in life. I can dislike having to go to work but I need a roof over my head so I best get over it. Cooking is essential for eating (for the most part) so why not change your attitude which will change your actions. Again, since it's a foundational life skill, why not get good at it?

My kids won't eat healthy. Really? You're the parent and they're the child so clearly you have some authority over what they will and will not do—correct? If the only foods in the home are healthy, I guarantee you they will eat them and their taste buds will change. What are you modeling by bringing bad things into the home? You wouldn't bring cocaine in the home so why are you bringing sugar in the home to be eaten at their liking?

I don't like tracking my food. Tracking food is an exceptional way to learn how much you are consuming and what your daily intake of carbs, fat, protein, and sugar is but it isn't *fun*. But how many other daily tasks do you do that aren't fun? Laundry isn't fun to me but I still do it because I value clean clothes. Showering isn't fun but I value not smelling poorly. Vacuuming isn't fun but I value a clean home. We do things that take time and are not fun because they are valuable to us. Why are you not valuing knowing what is going into His temple?

I'm just not into exercise. Again, no one is asking you to spend 10 hours at the gym each week. But if you've gotten overweight because of your choice to over-eat, then the consequence of your choices is the need to expend more energy than you consume. Once you reach your proper weight, then it is simply maintenance. We teach kids that actions have consequences but we don't often want to face that truth as adults.

Sweets and nutrient-void foods are everywhere. You can't avoid them! I thoroughly understand what you are saying because alcohol is at every event yet I don't partake. Not choosing these foods isn't easy but it will get easier the more you do it. When you lose weight and feel fantastic, those foods will not be worth the consequence of eating them. Plus, the vast majority of people are trying to lose weight so why not begin in your circle of influence to change what you eat at gatherings. Even if no one else wants the healthy food, you will have brought it for yourself.

It's tradition to gather with family and friends and have these types of foods. Yes, Christmas and Thanksgiving are holidays when the tradition often involves cookies, cakes, bars, etc. However, isn't the *real* tradition your gathering together? Changing up the food offerings doesn't ruin the tradition, it actually improves it. Besides, are you willing to admit that you are only adding to the problem of obesity by bringing nutrient-void foods to those you love?

## Kids and Obesity

I've worked with a lot of adults who grew up overweight or obese. The ridicule is woven deep into the fabric of their souls. They lament over feeling so out-of-place amongst other kids and the discomfort they felt. But they also recognize what an impact their parents could have had in changing their situation. Many say their parents were also overweight or obese and that having large quantities of unhealthy food was normal for them. But the heartache in their voices acknowledge that their parents could have changed things for them significantly.



When parents don't face their own issues with gluttony, they often pass that patterned behavior onto their children. These aren't parents who are ill-intended though. They love their children and often try to give them the very best in life. Yet, they haven't won the battle against the sin of gluttony and the sin of following after their own self desires rather than disciplining their will so it aligns with God's.

The need to face this issue in America is great and Christ-followers can lead the way. God can do in you what you are not able to do yourself. It isn't easy because it means denying yourself. It means disciplining yourself. It means doing things that you would rather not do. The incentive is your alignment with God and the freedom that will result when the chains are broken. Draw near to Him, get wise counsel, and be steadfast in your service to Him and Him alone.

**Blessings on your journey!**