> 1 Corinthians 6:19-20 (NKJV)
>
> Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.

When you understand this truth, you will begin to honor and care for your body far more than before. Many people fail to realize that the bodies we live in are not our personal property. God has entrusted them to us, but He retains ownership. We have not been given complete control or sovereignty over them.

If our bodies were truly our own, we would be able to command them entirely. We could stop our hair from growing with a simple word. We could tell our hearts to stop beating, or our lungs to stop breathing, and they would obey as easily as our legs respond when we choose to walk or sit. But clearly, this is not the case.

We have very limited authority over our bodies. The internal processes — digestion, growth, heartbeat, breathing, cell

regeneration — all operate under God's design, not ours. As Psalm 139:13-14 (NKJV) says, "For You formed my inward parts; You covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made…"

A woman, for example, does not construct the baby in her womb. She simply discovers she is with child, and the process unfolds according to God's plan. The growth of a child, the healing of a wound, the beating of the heart — all happen without our permission or power.

OUR BODIES BELONG TO GOD

God, the Creator, is the rightful Owner of our bodies. As the Lord declares in Ezekiel 18:4 (NKJV) — "Behold, all souls are Mine; the soul of the father as well as the soul of the son is Mine…" Similarly, He owns our bodies, and He sets the standard for how they should be used.

We have been given responsibility over external movements — the ability to walk, lift, see, speak — but this is only a small part of what happens in and through our bodies.

This is why Scripture warns us to glorify God in our bodies and with our bodies. The body is not meant for sin but for the Lord. 1 Corinthians 6:13 (NKJV) says: “Now the body is not for sexual immorality but for the Lord, and the Lord for the body.”

THE ACCOUNT ILLUSTRATION

Think of your body like an account — for example, a social media account or a bank account. It’s given to you, protected by a password, but ultimately governed by higher authorities. You can use it freely, but if you violate the terms, it can be suspended or deleted without your consent. This is similar to our bodies.

Despite how private or personal your body may feel, God retains full authority. He can “close the account” — end your life — at any moment, according to His will. As Job 1:21 (NKJV) says, “The Lord gave, and the Lord has taken away; blessed be the name of the Lord.”

GOD’S COMMANDS FOR THE BODY

God has given clear instructions for how we are to treat our bodies:

 No tattoos or body markings for worldly purposes:

> Leviticus 19:28 (NKJV)
>
> You shall not make any cuttings in your flesh for the dead, nor tattoo any marks on you: I am the Lord.

 Dress with modesty:

> 1 Timothy 2:9 (NKJV)
>
> In like manner also, that the women adorn themselves in modest apparel, with propriety and moderation, not with braided hair or gold or pearls or costly clothing...

 Avoid sexual immorality:

> 1 Corinthians 6:18 (NKJV)

> Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body.

> Ephesians 5:3 (NKJV)
>
> But fornication and all uncleanness or covetousness, let it not even be named among you, as is fitting for saints.

 Avoid harmful habits that defile the body:

These include drunkenness, smoking, drug abuse, and using the body as an instrument for sin (see Galatians 5:19-21).

Our bodies were designed to reflect God’s glory — not to promote sin or selfish desires. As Romans 12:1 (NKJV) urges: “I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is

your reasonable service.”

REPENTANCE AND RESTORATION

If you have misused your body in ignorance — through sexual sin, tattoos, substance abuse, or any other defilement — God offers forgiveness. This is your chance to repent and be restored.

> Acts 2:38 (NKJV)
>
> Then Peter said to them, ‘Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit.

True baptism is by full immersion in water in the name of Jesus Christ. After repentance and baptism, God promises the Holy Spirit, who empowers us to overcome sin. John 14:26 (NKJV) calls Him our Helper, the One who teaches us all things and reminds us of the truth.

The Holy Spirit is essential. Ephesians 4:30 (NKJV) — “And do not

grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.” Without His help, no one can live a holy life.

FINAL ENCOURAGEMENT

Brothers and sisters, remember: you are not your own. You were bought at the price of Christ’s blood (1 Peter 1:18-19). Therefore, glorify God in your body and your spirit, which are His.

May the Lord bless you and give you the strength to honor Him with your body. Amen.

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