

Shalom.

We often focus on seeking the cleansing of our souls, but it's equally important to pursue the cleansing of our bodies. These two—soul and body—are deeply connected. If one becomes defiled, it affects the other. As we read in Scripture:

2 Corinthians 7:1

Therefore, beloved, since we have these promises, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness in the fear of God.

This verse points out that both body and spirit are areas in need of purification. The idea of sanctification includes all aspects of our being, and we are to seek holiness not just in our hearts but in our physical lives as well.

God Cares About the Body Too

There is a common notion that God is not concerned with the

body, but only with the soul. However, the Bible makes it clear that God cares about the whole person—body, soul, and spirit. When we look at the life and teachings of Jesus Christ, we see that He cared for people's physical needs alongside their spiritual ones.

For example, Jesus fed the hungry, healed the sick, and even raised the dead. In the Gospel of Matthew, we see Jesus emphasizing this holistic care:

Matthew 25:35-40

For I was hungry and you gave Me something to eat; I was thirsty and you gave Me something to drink; I was a stranger and you invited Me in; I needed clothes and you clothed Me; I was sick and you looked after Me; I was in prison and you came to visit Me.

This passage illustrates that caring for the body is part of caring for a person as a whole. God isn't indifferent to the physical needs of His children, and neither should we be.

God's Design for the Body

Theologically, the body is not to be seen as mere flesh that doesn't matter. It was created by God for a purpose. In fact, Paul, in his letters, consistently speaks about the importance of honoring God with our bodies.

In 1 Corinthians 6:19-20, Paul reminds believers of the sacredness of the body:

Do you not know that your bodies are temples 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 honor God with your bodies.

Here, Paul teaches that the body is a temple of the Holy Spirit. This truth should radically affect the way we live, dress, eat, and treat our bodies. The idea that our bodies are “temples” means that they are sacred and should be respected and kept pure.

1. WHAT ARE YOU DOING WITH YOUR BODY?

It's important to reflect on how we use our bodies. In the Old Testament, God gave the Israelites laws about what was clean and unclean—what they could eat, wear, and how they should conduct themselves. While we are no longer bound by Old Testament ceremonial laws, the principle still stands that our actions with our bodies matter to God.

In Romans 12:1, Paul urges believers to offer their bodies as living sacrifices:

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

When we engage in sinful actions—whether through immorality, theft, or violence—we are misusing the very vessel that was meant to glorify God. 1 Corinthians 6:18-20 tells us:

Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against

their own body. Do you not know that your bodies are temples 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 honor God with your bodies.

Using your body in sinful ways defiles it and dishonors God's dwelling place—the Holy Spirit.

2. WHAT ARE YOU ADORNING YOUR BODY WITH?

Our external appearance is often a reflection of what's in our hearts. While God looks at the heart (1 Samuel 16:7), He also gives guidelines in Scripture about modesty and the way we should present ourselves. The Bible teaches that the way we dress and adorn ourselves should reflect a heart of humility, purity, and honor to God.

1 Timothy 2:9-10

I also want the women to dress modestly, with decency and propriety, adorning themselves, not with elaborate hairstyles

or gold or pearls or expensive clothes, but with good deeds, appropriate for women who profess to worship God.

This isn't about being legalistic with how we dress, but about having a heart that desires to honor God in every area of life, including how we present ourselves to the world.

Similarly, Leviticus 19:28 forbids tattoos, not because tattoos are inherently sinful, but because they were often associated with pagan rituals. As Christians, we are called to be set apart, reflecting God's holiness in all things.

3. WHAT ARE YOU PUTTING INTO YOUR BODY?

Scripture teaches that the body is a temple, and what we put into our bodies matters. Many people argue that certain foods, drinks, and habits aren't important to God. But the Bible emphasizes the idea of treating the body as a sacred vessel, not only in the context of physical health but also in our spiritual lives.

1 Corinthians 10:31

So whether you eat or drink or whatever you do, do it all for the glory of God.

This includes everything we consume—our food, drinks, entertainment, and even substances that can impair our judgment or health. The act of abusing the body through intoxication or drugs is seen in Ephesians 5:18, where Paul commands:

“Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.”

When we misuse substances, we are dishonoring God’s temple and impairing our ability to live in accordance with His will.

Conclusion

As we reflect on these truths, we are reminded that our bodies, souls, and spirits all belong to God. Our bodies are not just containers for our souls—they are sacred instruments that God has entrusted to us. Therefore, we must strive for purity and holiness in every area of our lives, including how we treat our

bodies.

Romans 12:1 urges us to offer our bodies as living sacrifices, holy and pleasing to God, as our act of worship. Let us honor God with everything we do, for our bodies are temples of the Holy Spirit.

2 Corinthians 7:1 reminds us to purify ourselves from all that contaminates body and spirit, striving for holiness in our lives.

May the Lord give us the strength to live in a way that honors Him with every part of who we are—spirit, soul, and body.

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