

# *Garden of the Heart Ministries*

## Temple Talk Teachings

### **Our Bodies, His Temple**

*By Renée Lubinski*

Do you know that God desires you to prosper in all things and be in good bodily health? He says it in 3 John 2. This is God's good plan for you as laid out in His powerful Word.

You have a responsibility to take care of your body, His temple, just as I have responsibility to take care of mine.

Recently when we went skiing as a family, the Lord showed me this truth in a fresh way. During this trip, we stayed in a beautiful log cabin vacation home that someone else owned. At the time, it was up for sale. One morning I was leisurely reading by the fireplace, sipping a cup of hot tea when it dawned on me that today was the day the realtor planned to show the house! Immediately, I sprung into action and began cleaning as I picked things up and rushed to tidy up the place. (Remember we were on vacation, so there was a *little* clutter!)

It became exceptionally important to my husband and I that the cabin be as clean and orderly as possible before the people came to view it! The owner had blessed us by allowing us to stay there each year for our annual family ski trip, and we wanted to be sure it was in the best possible order—that it showed well.

Why?

Because the condition of the house would be a reflection of the owner, not a reflection on us.

Think about this illustration in light of 1 Corinthians 6:19-20: "*Do you not know that your body is the temple (the very sanctuary) of the Holy Spirit who lives within you, whom you have received [as a Gift] from God? You are not your own, you were bought with a price [purchased with a preciousness and paid for, made His own]. So then, honor God and bring glory to Him in your body*" (AMP).

Now let me ask you this question: If you truly believe this Scripture —that your body belongs not to you, but to God — what would you do differently?

As you ponder that question, write those things down.

Then just begin to lift those thoughts up to God in prayer. Begin telling Him that you desire to honor Him and bring glory to His Name in and through your body. Ask Him to give you the wisdom and grace you need to make changes. Boldly ask Him to help you—and you know what? He will!

Now you may be thinking, "*Renée, how can you be so sure about that?*"

I can be sure because His Word settles all controversy! Hebrews 4:15 promises: *We do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need*" (NKJ)

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I can boldly say He will help you, not only because His Word says so but because I know first hand as He has helped me! You see, at one time I was faced with some devastating health issues that put me literally flat on my back. During this time I learned the importance of putting into practice some lifestyle changes. Along with this I learned some valuable lessons from the Lord and experienced His touch upon my body. Therefore I can proclaim today that God has made me whole again! To understand more about how God divinely healed my physical body and restored me spiritually, you can link to [Renée's Healing Testimony](#).

Dear one, if you are currently faced with an illness or disease I encourage you to look to a very personal report found in the pages of God's Word. It's written there for you. I put together some [Health and Healing Scriptures](#) set in a prayer format, to help you. God's Word is perfect. It contains powerful laws to divine health and healing, all laid out in a perfect plan for your good and His glory. Even if you're not facing an infirmity today, perhaps someone you know is. If so, I encourage you to print these Scriptures and use them to pray for those that are seeking wholeness.

*Temple Talk* features teachings and fresh insights into the biblical principles of health and wholeness. As you learn more about these principles, I encourage you to put them into practice. In doing so, you will be choosing life: "*I have set before you life and death, blessing and cursing; therefore choose life, that both you and your seed may live*" (Deuteronomy 30:19).

May God bless you on your journey to divine health!

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In addition to writing Temple Talk articles and recipes, Renée Lubinski is a [speaker](#) for women's conferences, workshops, seminars and retreats. Feedback is warmly welcomed, so please feel free to [email](#) her with your comments, questions or suggestions!

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