



Honoring God: Caring for Your Body as a Temple



Explore what it means to treat your body as God's temple by making healthy choices and honoring the Holy Spirit within you.

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Introduction

Welcome to this 3-day Bible study on honoring your body as a temple of the Holy Spirit. As teens, you're navigating a time of growth, change, and discovery—and your body is uniquely designed by God as a dwelling place for His Spirit. Understanding what it means to treat your body as a temple helps you make wise, life-giving choices that honor God and protect your health.

In Scripture, the Apostle Paul reminds us, "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?" (1 Corinthians 6:19). This profound truth invites you to view your body not simply as flesh and bone, but as a sacred space where God's presence lives. When you honor your body, you honor God in the most tangible way.

This study will guide you through practical and spiritual reflections on caring for yourself: from recognizing harmful substances to choosing foods and habits that nourish, and understanding rest as an important part of honoring God with your body. It's not about perfection, but about intentional love and care fueled by the Spirit's presence within you.

As you journey through these three days, may you feel empowered to make choices that uplift your temple and glorify God — because your body isn't just your own; it's a holy gift entrusted to you. Let's embark on this discovery together, embracing how deeply God desires to be honored through the way we treat ourselves.





Day 1: 🌿 Understanding Your Body as God's Temple



Day 1: 🌿 Understanding Your Body as God's Temple

Your Verse

1 Corinthians 6:19-20 NIV - "Do you not know that your bodies are temples of the Holy Spirit... Therefore honor God with your bodies."

Supporting Scriptures

- *Romans 12:1 NIV - "Offer your bodies as a living sacrifice, holy and pleasing to God."*
- *Psalms 139:14 NIV - "I praise you because I am fearfully and wonderfully made."*



Day 1: 🌿 Understanding Your Body as God's Temple

Devotional: Your Body: A Sacred Sanctuary

Have you ever thought of your body as a holy temple? In 1 Corinthians 6:19–20, Paul teaches us that our bodies are more than just flesh and bones—they are the dwelling place of the Holy Spirit. This means your body is sacred and deserves respect and care.

When you consider your body as God's temple, your perspective on daily choices shifts. It's not just about appearances or feeling good momentarily; it's about honoring the One who lives inside you. Every decision about what you eat, how much you rest, whether you exercise, or even what you expose yourself to (like media, substances, or relationships) impacts that temple.

Imagine your body as a beautiful church where God's Spirit resides. How would you treat that church? Would you neglect it or protect it? Would you defile it with harmful substances or keep it clean and well cared for?

God created you wonderfully (Psalm 139:14) and desires that you honor Him not only spiritually but physically. This means making choices that preserve your health, avoid harm, and show gratitude for the incredible design He's given you.

As you reflect today, ask God to help you see your body through His eyes—as a sacred place filled with His Spirit, worthy of your care and respect.



Day 1: 🌿 Understanding Your Body as God's Temple

Reflect and Apply

1. How does knowing the Holy Spirit dwells within you change the way you view your body?

2. What are some habits or choices that might dishonor your body as a temple?

3. In what ways can you start treating your body more like a sacred place?



Day 1: 🌿 Understanding Your Body as God's Temple

Journaling Prompts

1. List three ways you currently honor your body and three ways you might improve.

2. Write about a time when you felt closest to God in your physical self (through movement, health, rest, etc.).

3. Describe what it means to you to have the Holy Spirit living inside your body.



Day 1: 🌿 Understanding Your Body as God's Temple

Prayer for Today

Dear Heavenly Father, thank You that You have made my body a temple for Your Spirit. Help me to see myself through Your eyes—as holy and precious. Teach me to make choices that honor You and protect the gift of health You've given. Guide me to avoid harmful things and to care for myself well. Fill me with Your strength to choose what is life-giving each day. I want to glorify You, not just in my spirit, but in how I treat my body. Thank You for dwelling in me and loving me completely. *In Jesus' name, Amen.* 🙏🌿❤️✨





Day 2: 🍏 Healthy Habits That Honor God



Day 2: 🍎 Healthy Habits That Honor God

Your Verse

Proverbs 3:7-8 NIV - "Do not be wise in your own eyes; fear the Lord and shun evil... Your body will be like a well-watered garden."

Supporting Scriptures

- *1 Corinthians 10:31 NIV - "So whether you eat or drink or whatever you do, do it all for the glory of God."*
- *3 John 1:2 NIV - "I pray that you may enjoy good health and that all may go well with you."*



Day 2: 🍎 Healthy Habits That Honor God

Devotional: Choosing Life through Healthy Habits

Honoring your body means choosing habits that nourish and sustain life. Proverbs 3:7–8 compares a healthy body to a well-watered garden—a vivid image of flourishing and vitality. When you fear the Lord and turn away from harmful things, your body benefits.

Every bite, every drink, every choice about how to treat your body matters. Paul reminds us in 1 Corinthians 10:31 to do everything—even eating and drinking—for God’s glory. It’s a high calling that transforms ordinary activities into acts of worship.

As a teen, you’re constantly faced with decisions about what to consume—physically and spiritually. This includes foods, beverages, media, and even relationships. Choosing healthy foods and abstaining from substances that harm your body reflects your commitment to honoring God.

Also, God desires your whole wellbeing (3 John 1:2). Your health impacts your ability to serve Him and live abundantly. Taking care of yourself isn’t selfish; it’s a faithful stewardship of the temple He’s entrusted to you.

Reflect on your everyday habits. Are they supporting the temple God has given you, or hurting it? Seek God’s help to build routines that honor Him and sustain your body well.



Day 2: 🍎 Healthy Habits That Honor God

Reflect and Apply

1. Which daily habits currently support your body as a temple?

2. Are there any habits you need to change to honor God more fully?

3. How can you make healthy choices an act of worship?



Day 2: 🍎 Healthy Habits That Honor God

Journaling Prompts

1. Write down your current daily eating and activity habits. Which ones lift up your body, and which might harm it?

2. Plan one small change you can make this week to honor God through healthier choices.

3. Describe how you can glorify God through your daily routines.



Day 2: 🍏 Healthy Habits That Honor God

Prayer for Today

Lord, thank You for the gift of life and health. Help me to choose habits that nourish my body and honor You. Give me wisdom to detect what is harmful and strength to avoid it. May my choices today and every day be an offering of praise to You. Teach me to steward my body well, knowing it is Your temple. Fill me with joy as I care for myself in ways that honor Your presence within me. *In Jesus' name, Amen.* 🍏💪🙏🌸





Day 3: 💧 Guarding Your Temple from Harm



Day 3: 💧 Guarding Your Temple from Harm

Your Verse

Ephesians 5:18 NIV - "Do not get drunk on wine... Instead, be filled with the Spirit."

Supporting Scriptures

- *Galatians 5:22-23 NIV - "The fruit of the Spirit is love, joy, peace... self-control."*
- *1 Corinthians 9:27 NIV - "I discipline my body and keep it under control."*



Day 3: 💧 Guarding Your Temple from Harm

Devotional: Protecting Your Temple by Saying No

Guarding your temple means actively avoiding harmful substances and behaviors. Ephesians 5:18 warns against excesses like drunkenness and encourages being filled with the Holy Spirit instead. This guidance reminds us that seeking fulfillment in anything harmful can damage the temple God has given us.

As a teen, peer pressure and culture might tempt you to make choices that hurt your body and spirit. Whether it involves drugs, alcohol, or other harmful behaviors, the call is to exercise self-control—a fruit of the Spirit (Galatians 5:22-23).

Paul modeled this by disciplining his body (1 Corinthians 9:27), demonstrating that honoring your temple requires intentional choices and sometimes saying no, even when it is hard.

You honor the Spirit within by protecting your body physically and spiritually. Saying no to harm is a courageous act of love toward yourself and God's presence inside you.

Pray for strength and the courage to make these choices. Remember, the Spirit empowers you to live a life that honors God deeply.



Day 3: 💧 Guarding Your Temple from Harm

Reflect and Apply

1. What harmful influences might be threatening your temple right now?

2. How can relying on the Holy Spirit help you say no to these influences?

3. What does self-control look like in your daily life as a teen?



Day 3: 💧 Guarding Your Temple from Harm

Journaling Prompts

1. Write about a time you had to say no to something harmful and how it felt.

2. List practical ways you can protect your temple from harm in the next month.

3. Reflect on how the fruit of the Spirit can help you honor your body.



Day 3: 💧 Guarding Your Temple from Harm

Prayer for Today

Father God, I ask for Your strength today. Help me guard the temple of Your Spirit by rejecting anything that harms my body or soul. Fill me with self-control and courage when I face pressure to do wrong. Remind me that You are my helper and my shield. Let Your Spirit guide me in every decision, so I may honor You with my whole being. Thank You for Your faithfulness and love. *In Jesus' name, Amen.* 💧 🛡️ 🙏 🌟





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