Caring for the Body Temple

I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well. Psalm 139:14.

Said the psalmist, “I am fearfully and wonderfully made.” God has given us faculties and powers of mind and body, which it is the duty of all to preserve in the best condition. If any weaken their powers through the indulgence of appetite, they decrease their power of influence, making themselves imperfect. Only by the expensive offering made upon the cross of Calvary can we understand the value of the human soul. We are placed on vantage ground by the redeeming power of Jesus Christ, to obtain freedom from the bondage of sin which was wrought by the fall of Adam.

We are to make the most of the capabilities and talents lent us by God. All who are weakening and destroying the physical, mental, and moral powers by sinful eating, sinful dressing, and violation of the laws of health in any respect, will have to render an account to God for all the good they might have done had they observed the laws of health, rather than being self-indulgent, careless, and reckless of the house they live in.... God says, “Ye are not your own.” You are God's property. Your ransom cost the life of the Son of God.... All are to consider the greatness of the sacrifice made. The Majesty of heaven, the King of glory, designs that men and women shall give to Him their wholehearted service.

In the words of the apostle Paul there is a depth of meaning: “I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye May prove what is that good, and acceptable, and perfect, will of God” (Romans 12:1, 2). No one can bring honor to God if he pursues a course of action that will bring blemish upon the body or the soul. Our sacrifice is to be holy and without blame. This is the reasonable service of everyone. We are God's workmanship, God's building....
God wants us to honor Him with all there is of us.

This devotional is from In Heavenly Places, by Ellen G. White. For free access to books and writings from Ellen G. White, visit EGWwritings.org.