

## Competitor's Creed Study 5: The Temple

*My body is the temple of Jesus Christ.*

*I protect it from within and without. Nothing enters my body that does not honor the Living God.*

*My sweat is an offering to my Master. My soreness is a sacrifice to my Savior.*

**My body is the temple of Jesus Christ.**

How would you describe God's temple to someone? How is it described in 1 Corinthians 3:16-17?

What does it mean to say, "My body is the temple of Jesus Christ?"

**I protect it from within and without. Nothing enters my body that does not honor the Living God.**

What are some things you try to "protect" your body from? How do you protect it from these things?

We must work to protect our bodies from within (mentally) and without (physically). Protection from within comes when we take every thought that enters our minds captive and make it obedient to Christ (2 Corinthians 10:5). This is the key to the transformation that Paul writes about in Romans 12:2. Because the mind is the control center of our thoughts, feelings, attitudes and actions, it is the primary line of defense for protecting our bodies from things that do not honor God. Protection from without comes from working to keep our bodies healthy through exercise and eating right, and from keeping harmful substances out of our bodies.

Is it harder for you to protect your body from within or without? Why?

According to 1 Corinthians 6:19-20, why should we honor God with our bodies?

**My sweat is an offering to my Master. My soreness is a sacrifice to my Savior.**

What is the purpose of the intense training we go through as athletes and coaches?

In Colossians 3:23, how hard does Paul say we should work? Who are we to work for?

Do you view your sweat and your soreness as an offering to the Lord? How so?

Read Romans 12:1. What does Paul urge us to do with our bodies? Why?

### Live It Out

In what way are you currently treating your body as a temple of Jesus Christ?

What is one step you plan to take to honor God with your body?

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