

## Temple of the Holy Spirit

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It is a strange faith that takes elements of truth out of context

That focuses attention only upon chosen values

That ignores that which is felt uncomfortable

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This is not a particularly abstract notion, but a solidly practical one.

One which can elicit a great deal of guilt

You are not your own property

You have a real responsibility to maintain the Temple which is your body.

You have a responsibility to maintain your body not in a vain attempt to look like David  
Beckham

You have a responsibility to maintain that Temple of the Holy Spirit not in an attempt to live  
forever

You have a responsibility to maintain what God has given you

To live your life to the full.

The very many Temples

There are very many Body's

All are quite unique

Tall small, strong weak, old and young.

Some put on weight easily and thus need to watch what they eat

Some, mostly pensioners try to live on cheese and biscuits and undermine their health

All have a responsibility to God and those they love to eat well.

Some have brains that have put letters after their names

Some have problems with any letters

But each are called upon to use whatever they have and expand their vision.

Some were athletes in their youth, indeed the older they get the better they were

Some never made the school netball team

But each of them now are obliged to make their body's work

To strengthen and maintain the Temple.

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Here in Church I take the risk of talking about your body's

About these Temples

Old and Young

Healthy and struggling

But all needing you to take on your responsibilities

Maintain the Temple

It is your Christian obligation to make the most of what you have.