

Deacon's Beacons

October 15, 2019

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body. 1 Corinthians 6:19–20

We are responsible for the care and upkeep of our bodies. We are children of God and as such, should not be neglected even by ourselves. Discipline is fine but be careful of something that may harm the body. Jesus suffered for us and He does not expect us to suffer voluntarily. Yes, there will be suffering in our lives and we can join that to the suffering of Jesus as St. Paul tells us. But to choose self-inflicted suffering goes against what St. Paul is saying here. If your body is a temple of the Holy Spirit, you should do nothing to harm or dishonor it.

Go raibh síocháin Chríost a bheith in éineacht leat.

Deacon Mike