

## **OUR BODY TEMPLE – THE DIVINE PATTERN**

### **OUTER COURT (BODY) – SACRIFICE YOUR BEST**

*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. Romans 12:1*

#### **Nutrition (Eating Tips):**

Love God more than food.

Eat to live, don't live to eat.

Think of food as fuel, medicine and nutrition.

Don't bring it in the house and you won't eat it.

Eat raw foods (fruits, vegetables, nuts, seeds)

Make one meal a green smoothie (find recipes online)

Eliminate refined sugar (try stevia, monk fruit, Coconut sugar, honey, maple syrup)

Reduce refined carbs like bread, pasta, pastries and sweets

Eat whole grains like oats, quinoa, brown and wild rice

Spiralize or use a potato peeler to make zucchini, carrot, sweet potato noodles

Try food prepping; prepare meals in advance – and only eat the prepared amount.

Avoid fast food, and if you must, choose salads with low-fat dressings.

Avoid fried foods, Fast food, Baked Goods, Pastries, Candies. Search the Internet for healthy alternatives.

Keep healthy snacks and water in your purse (trail mix, apple, orange),

Buy high-quality meat (organic, grass fed, wild caught) – make it the side dish – Make fresh or steamed veggies the main dish (make it interesting by adding nuts, fruit, low-fat cheese)

Avoid nitrites, no high fructose corn syrup, GMOs or MSG.

Take supplements (vitamins, minerals, Omega 3).

USE THE INTERNET TO FIND RECIPES AND HEALTH TIPS

#### **Appearance:**

Practice good hygiene. Brush teeth, wash face, bathe regularly, wear clean clothes.

Always wear a smile, have a kind word, don't be easily offended or angered.

Dress modestly; not sensual or flashy. Check your motives for why you dress the way you do.

Does your style reflect who you are in Christ? (Kings and Priests) Or does it reflect rebellion, attention-seeking or seduction? Ask the Lord to examine your heart.

#### **Exercise**

Cardio (aerobics) dancing, jogging, bike riding

Strength training (weights) hand weights, nautilus, join a gym, hire a trainer, lift cans

Muscle Toning (PraiseMoves, Praise & Worship) Stretches, Isometric exercises

**DIAGNOSIS SHEET:** Renounce idols in your life (repentance, confession, receive forgiveness)

Confess and Cleanse, Release unforgiveness, Pray

## HOLY PLACE/INNER COURT – Renewing the Mind by the Word of God

*WAIT!! Remember, only Priests can enter the Holy Place. Have you been born-again? If not, you can become a priest today. When you invite Jesus Christ, the son of God, into your heart as your Lord and Savior, your sins are forgiven, and you have the assurance of eternal life in heaven with God. You can also receive the Holy Spirit (God living inside of you) who leads and guides you into all truth. As you seek God through His Word (to learn more about Him), your eyes will be open, and your life will change as you begin to live in victory by faith.*

### ROMANS ROAD TO SALVATION

- *Romans 3:23 - For all have sinned and come short of the glory of God.*
- *Romans 3:10 - As it is written, there is none righteous, no, not one.*
- *Romans 6:23 - For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.*
- *Romans 5:8 - but God shows his love for us in that while we were still sinners, Christ died for us. I*
- *Romans 10:9 - If you confess with your mouth, the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.*
- *Romans 10:13 - Whoever shall call upon the name of the Lord shall be saved.*

### PRAYER OF REPENTANCE (Sample)

*Lord Jesus, I come to you as a sinner, asking you to forgive my sins and be Lord of my life. I believe you died for my sins and rose from the grave and you are a living God. I ask you to come live inside of me. Make this body your temple. I surrender my life to you. Transform me and make me into who you want me to be. I am yours. Amen.*

### NOW ENTER INTO THE HOLY OF HOLIES

*And **do not be conformed to this world, but be transformed by the renewing of your mind,** that you may prove what is that good and acceptable and perfect will of God. Romans 12:2*

#### **Read the Bible EVERY Day**

Get to know your Heavenly Father – He rewards those that diligently seek Him.

#### **Attend church regularly**

Find a church that teaches both Old Testament and New Testament and has **Bible Study** where you can ask questions.

**Get Baptized** as a public acknowledgement that you have forsaken your old ways and now belong to the family of Christ – his Church.

#### **Make friends in the church and hold each other accountable**

You can sin all by yourself. Some people in the church are still playing with sin. Don't let them drag you back into the lifestyle you left behind. Be a REAL Christian as a witness to them and find new friends that help you grow and mature in Christ so you can have victory in your life.

## **Listen to the Word – AudioBibles, Bible APPs for Mobile Phones**

*So then, faith comes by hearing and hearing by the Word of God. The more you read and listen to God's Word, the more your faith will increase, and you will see victory in your life.* Romans 10:17

## **Use Bible Reading plans on Bible APPs for Mobile Phones**

### **Meditate on the Word - Christian Meditation**

When you love God, you think about Him all the time. You don't think of His commands as "rules" that are preventing you from having fun. You see the truth. He loves you and wants the best for you. With God you will still experience trials and tribulation, but you will know you are not alone and whatever you go through, He is going to work it out for your good if you will just hold on to hope. However, you will have to invest quality time into the relationship to reap the benefits.

### **HOLY OF HOLIES: Now, we can go behind the veil**

*Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.* Hebrews 4:6

Commune with God

His will is your will

Complete submission, humility and obedience

Soak in His presence

Receive instructions and wisdom

Worship Him in Spirit and in truth

Love on your God and let Him love on you.

### **SCRIPTURES TO REMEMBER:**

Or do you not know that your body is the temple of the Holy Spirit *who is* in you, whom you have from God, and you are not your own? <sup>20</sup> For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.

1 Corinthians 6:19-20

But you *are* a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light; <sup>10</sup> who once *were* not a people but *are* now the people of God, who had not obtained mercy but now have obtained mercy. 1 Peter 2:9-10

Therefore, believers, since we have confidence *and* full freedom to enter the Holy Place [the place where God dwells] by [means of] the blood of Jesus, <sup>20</sup> by this new and living way which He initiated *and* opened for us through the veil [as in the Holy of Holies], that is, through His flesh, <sup>21</sup> and since we have a great *and* wonderful Priest [Who rules] over the house of God, <sup>22</sup> let us approach [God] with a true *and* sincere heart in unqualified assurance of faith,

having had our hearts sprinkled *clean* from an evil conscience and our bodies washed with pure water. <sup>23</sup> Let us seize *and* hold tightly the confession of our hope without wavering, for He who promised is reliable *and* trustworthy *and* faithful [to His word]; <sup>24</sup> and let us consider [thoughtfully] how we may encourage one another to love and to do good deeds, <sup>25</sup> not forsaking our meeting together [as believers for worship and instruction], as is the habit of some, but encouraging *one another*; and all the more [faithfully] as you see the day [of Christ's return] approaching.

Hebrews 10:19-25

Blessings,

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