

The Temple of the Holy Spirit

via Highway 79 Church of Christ BULLETIN, Henderson, Texas

“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?” (1 Corinthians 6:19).

Consider this: there are 60,000 miles of arteries, veins and capillaries in your body. The average man has 25 trillion red cells (to carry oxygen) and 25 billion white cells (to fight disease). Your capillaries, tiny tubes servicing the bloodstream, have a total surface that would cover a 11/2 acre field. Two-thirds of the body is water, ten gallons of it, or sixty percent of the average person's weight.

We have enough fat in our bodies to make seven cakes of soap, enough lime to whitewash a small shed, enough phosphorus to make 2,200 matches and as much iron as is in a one-inch nail. If all the heartbeats of one day were concentrated into one huge throb of power, it would be sufficient to throw a ton of iron 120 feet into the air.

Is it any wonder that the psalmist wrote: *“I will praise You, for I am fearfully and wonderfully made; ...”* (Psalm 139:14). Let us remember then that God has given us to be stewards over His creation, this marvelous body. To some degree we shall account for our stewardship of it. We are *“fearfully and wonderfully made,”* let us not *“defile the temple of God.”*

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