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Let not sin therefore reign in  
your mortal body, that ye should  
obey it in the lusts thereof.

Romans 6:12

God wants our body to be pure. That is why we should take care of our body by eating the right food (not junk food) and having good hygiene (keeping our body clean) God said in *I Corinthians 3:16,17* "Know ye not that ye are the t\_\_\_\_\_ of God, and that the Spirit of God dwelleth in y\_\_\_\_\_? If any man defile the temple of God, him shall God destroy; for the temple of God is h\_\_\_\_\_, which temple ye are."

If you are a Christian the Holy Spirit dwells in your body, so take good care of it. Our bodies belong to God. *I Corinthians 6:19,20* "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your o\_\_\_\_\_? For ye are bought with a price: therefore glorify God in your b\_\_\_\_\_, and in your spirit, which are God's." If God owns our body, we should keep every part of our body from sin and anything that harms it. Do you know what God's word says about the body?

### **I. Make no markings in the skin (tattoos)**

*Leviticus 19:28* "Ye shall not make any c\_\_\_\_\_ in your flesh for the dead, nor print any marks upon you: I am the LORD."

### **II. Watch how we dress.**

**a.** Don't dress like a worldly woman, but dress like a lady (not tight clothing) *I Timothy 2:9* "In like manner also, that women adorn themselves in m\_\_\_\_\_ apparel, with shamefacedness and sobriety; not with broided hair, or gold, or pearls, or costly array;"



**b.** Don't worry so much on how you look, men. *Matthew 6:28* "And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:"

### **III. Keep our bodies clean**

*Galatians 5:19* "Now the works of the f\_\_\_\_\_ are manifest, which are these; Adultery, fornication, **uncleanness**, lasciviousness,"



To be dirty is wrong.

### **A. Let's look at how we can keep every part of our body clean.**

#### **1. Our head.**

*Philippians 4:8* "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are p\_\_\_\_\_, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, t\_\_\_\_\_ on these things."

#### **a. Keep our hair cut.**



*I Corinthians 11:14-15* "Doth not even nature itself teach you, that, if a man have l\_\_\_\_\_ hair, it is a s\_\_\_\_\_ unto him? But if a woman have long hair, it is a g\_\_\_\_\_ to her: for her hair is given her for a covering."

#### **b. Let the girls wear the earrings not guys.**

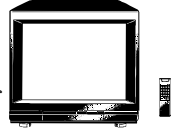
*Genesis 35:4* "And they (**men**) gave unto Jacob all the strange gods which were in their hand, and all their earrings which were in their e\_\_\_\_\_; and Jacob hid them under the oak which was by Shechem."

#### **c. Keep our imagination pure by not watching bad things on TV and movies.**

*II Corinthians 10:5 "Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;"*

**d. Keep our mouth from swearing and cursing by not listening to Rock'n roll music, TV and movies with swear words in them. If you hear swearing turn it off immediately.**

*Luke 6:45 "A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh."*



## 2. Our Heart

**a. Keep our heart pure by staying away from wrong pictures, magazines and books.**



*Proverbs 23:7 "For as he thinketh in his heart, so is he: ..."*

**b. Make sure our love for God in our heart outshines our love for the world, sports, friends, clothing, money etc.**

*Luke 10:27 "And he answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself."*

## 3. Our hands

**a. Make sure you always do right and not fight with our hands.**

*Proverbs 16:29 "A violent man enticeth his neighbour, and leadeth him into the way that is not good."*



**b. God always sees what you are doing.**

*Proverbs 15:3 "The eyes of the LORD are in every place, beholding the evil and the good."*

- don't drink alcohol
- don't steal
- don't touch the opposite sex
- don't take drugs
- don't smoke or chew tobacco

## 4. Our feet

**a. Be careful where you go. Ask yourself "Would Jesus go there?" Always walk with God everywhere.**



*Micah 6:8 "He hath shewed thee, O man, what is good; and what doth the LORD require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?"*

**b. Be with the good crowd (the church, Christian friends and Christian relatives)**

**c. Stay away from the bad crowd. If you are not doing wrong things like smoking, drugs, playing Rock'n Roll, etc. then do not be around it.**

*Proverbs 13:20 "He that walketh with wise men shall be wise: but a companion of fools shall be destroyed."*

God cares what you do to your body. Take care of yourself. Live as long as you can for God by keeping yourself pure.



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