*Tuesday, April 19, 2011*

**Sucker Punched**

1 Corinthians 9:26-27 I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: (27) But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway. (KJV)

Hey, let’s be honest here, how can overweight unhealthy pastors teach and preach on keeping the body in subjection to the Spirit? It is a proven fact that when you enter that realm and become unhealthy you have opened yourself up to a lot of things, none of which is good, or what God intended. While many think that they need to be reading more of the Bible, or witnessing to more people or any other works, the truth is that many are missing out on the life that God has for them, because they have become lazy, sluggish and dull of hearing by their unhealthy and worthless lifestyles that they have fallen into.

1 Corinthians 3:16-17 Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? (17) If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are. (KJV)

You know, when God saw His creation, as written back in the book of Genesis, He saw everything as being very good. I can tell you, that someday when you stand before our Lord He expects His temple to show up healthy and in very good shape. Despite the fact that many ignore the temple, the Bible is quite clear on where our Lord stands and what He expects out of His people. Church in Christ, this is definitely an area that gets overlooked and ignored by many who are letting the enemy rob them of being a whole person, spirit, soul, and yes body.

2 Corinthians 5:9-10 Wherefore we labour, that, whether present or absent, we may be accepted of him. (10) For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad. (KJV)

Have you ever heard that term ‘so heavenly minded that they are no earthly good’? Well, with everything there is a just weight and balance. Now this doesn’t mean you become a health nut and ignore your Spiritual life; however, you should not ignore the fact that we need to maintain these temples that God gave us, so that some day we can get a new one that will last for eternity.

1 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 own? (20) For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's. (KJV)

You know for yourself personally Church when things are not right and when you are not comfortable. Instead of ignoring these issues it’s time to face them straight up, and deal with it so that in all things we are more than conquerors through Christ who loves us. Many of God’s people are getting robbed of joy and peace, because they overlook good health and do not maintain a healthy temple which our Lord requires of His people.

Hebrews 5:11-14 Of whom we have many things to say, and hard to be uttered, seeing ye are dull of hearing. (12) For when for the time ye ought to be teachers, ye have need that one teach you again which be the first principles of the oracles of God; and are become such as have need of milk, and not of strong meat. (13) For every one that useth milk is unskilful in the word of righteousness: for he is a babe. (14) But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil. (KJV)

The more we exercise the stronger we get. Many Christians don’t see how they are getting hit by the enemy and pulled down, because they don’t exercise their Spiritual senses on how to maintain a new healthy lifestyle. So Church, quit being the enemy’s punching bag and get up off the couch and bruise his head with your heal as you are getting back on your feet and moving forward in your new way of life.