

A Temple of God

If an esteemed guest, a king or queen or prince, came to live with you, what accommodations would you provide? Would you make your home as clean, inviting and pleasant as possible? Or would you let garbage accumulate and let the house go to ruin?

Or what if you knew that the President of the United States or a foreign dignitary – say, a prime minister – was coming to inspect your nursing center or office? If such a person paid you a surprise visit at work today, how would you feel? Embarrassed? Proud? Ashamed?

Well, pay attention to this: The Bible teaches that our bodies are the temples of God's Spirit. Is your temple an appropriate dwelling place for God? Sadly, some people's work stations or offices are in a lot better shape than their own bodies.

We don't have to be shapely models or Olympic athletes, but our bodies are gifts from God, and we are to honor Him with them. Life Care and Life Care at Home are health care companies, and Century Park promotes good health practices. As associates, we should be walking billboards of our commitment to health. That's a primary reason that wellness is a focus this year. Wellness committees have been formed and are functioning at the corporate offices of Life Care in Cleveland and at every nursing facility.

We should be serious about our health – taking care of the temple of God. Let me encourage each associate to become actively involved in our wellness campaign. Not only can you add years to your life, but you can add life to your years.

And if you are unsure about the state of your health, take this quick self-test: Which do you tend to take two at a time – doughnuts or stairs?

Do you not know that your body is a temple of the Holy Spirit, who is in you? ... Therefore honor God with your body (1 Corinthians 6:19-20).

--Beecher Hunter