



MINISTÈRE DU PASTEUR CLÉMENT SALOMON · BIBLE STUDY #10

Your Body, God's Temple

The joy of healthful living — and eight gifts that cost almost nothing

A man borrowed his neighbour's motorcycle for one week. You should have seen how he treated that machine. He wiped the dust off it every evening. He checked the oil before he turned the key. He parked it in the shade so the sun would not crack the seat. He refused to overload it, even when a friend begged him for one more passenger. On Friday he handed back the keys with the tank full and the chrome shining, and his neighbour said, "Brother, it looks better than when I gave it to you."

That same night he got home after dark. He skipped supper and ate crackers standing up. He drank his third sweet drink of the day. He sat in the blue light of his phone until almost two in the morning, slept four hours, and got up tired.

His wife watched him from the doorway, and she said it kindly, the way you say something true to someone you love: "You took better care of that machine this week than you take of yourself."

He started to laugh. Then he stopped, because he knew why he had been so careful with the motorcycle. He had said it himself, twenty times that week: *It isn't mine.*

And that is exactly where this study begins. Because the Bible says something about your body that most of us have never really let sink in.

Whose body is this, anyway?

Paul asks a question that stops you in your tracks:

"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? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."

1 Corinthians 6:19-20 (KJV)

Read those two small words again: **"not your own."** Not in the sense that you are a slave. In the sense that you are *loved*, and expensive, and carrying Someone precious. The man on the motorcycle was careful because the machine belonged to a neighbour. How much more careful would you be if you knew that the God of heaven had moved into the house?

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?"

1 Corinthians 3:16 (KJV)

A temple is not a warehouse. Nobody throws rubbish into a sanctuary and then wonders why the air smells bad. And notice the price tag Paul puts on you: "ye are bought with a price." The price was the cross. Jesus did not buy your soul and leave your body behind in the rain. He bought all of you.

So before anything practical, hear the tone of this study. It is not a list of rules to make you feel guilty. It is an invitation to see yourself the way your Maker sees you:

"I will praise thee; for I am fearfully and wonderfully made."

Psalms 139:14 (KJV)

Please read this before you read anything else. This study is spiritual encouragement, not medical advice — consult a qualified professional; in an emergency call 911. Nothing here promises healing, a cure, or any guaranteed outcome. Do not stop a medicine, change a treatment, or start a fast or a new diet because of something you read in a Bible study. Talk to your doctor or nurse first, especially if you are pregnant, diabetic, elderly, or living with a chronic illness. God works through careful doctors too.

A Father who cares about your Monday

Some people imagine God only cares about the "spiritual" part of you — your prayers, your Sabbath, your soul — and that everything else is His business only at the funeral. The Bible is warmer than that. Listen to how an old apostle greets his friend:

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

3 John 1:2 (KJV)

That is a whole person in one sentence: your circumstances, your body, your soul. John does not separate them, because God does not. When Jesus walked through Galilee He preached *and* He healed. He fed five thousand hungry people before He taught them. After a long stretch of work He told His exhausted disciples:

"Come ye yourselves apart into a desert place, and rest a while."

Mark 6:31 (KJV)

Do you hear the gentleness in that? The Saviour of the world noticed that His friends were tired. He still notices. Your sore back, your heavy eyes, your racing heart at three in the morning — none of that is beneath His attention.

And Paul makes the connection explicit. What do we do with these bodies?

"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 (KJV)

Not a dead sacrifice on an altar. A *living* one — a body carried through an ordinary week and handed back to God in the evening. That is worship too.

God's first menu

Turn back to the very first pages of the Bible. Before there was a single rule, before there was a temple or a priest, God did something beautifully practical: He handed the human family a menu.

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat."

Genesis 1:29 (KJV)

Fruit. Grain. Seeds. Nuts. Later, after sin entered and the garden was lost, God added "the herb of the field" — the vegetables and roots we dig out of the ground (Genesis 3:18). Simple food. Food that grows. Food a poor family can actually find.

Notice two things about that menu, because they both matter.

First, it was a gift, not a test. God said "I have given you." He was not setting a trap. A good Father who puts food on the table is not trying to catch His children out.

Second, it was generous. People sometimes picture Bible health as a short, sad list of what you cannot eat. Look at the actual text: *every* herb bearing seed, *every* tree with fruit, on the face of *all* the earth. That is a wide, colourful, sweet-smelling table. Mangoes are on it. Beans and rice are on it. Avocado, breadfruit, corn, pumpkin, spinach, peanuts, oranges — all of it came out of the hand of God with the words "this is for you."

The Seventh-day Adventist Church encourages the most healthful diet a person can manage, and abstaining from the unclean foods that Scripture identifies (see Fundamental Belief #22, "Christian Behavior"). But the starting point is never fear. The starting point is a Father saying, "Look what I have given you."

Ten days in a palace

Now let me tell you about four teenagers who were very far from home.

Daniel and his friends had been taken from Jerusalem to Babylon, the most powerful city on earth. They were enrolled in the king's own training school, and the king sent food from his own table — the best the empire could offer, with wine to match. For a captive boy, refusing that food was not a small thing. It could look ungrateful. It could cost him his place, and maybe more.

"But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of

the eunuchs that he might not defile himself."

Daniel 1:8 (KJV)

Look carefully at where the decision happened: **in his heart**. Not in a committee, not under pressure from a crowd, and not after he got caught. He settled it quietly, before the tray ever arrived. That is usually how it works for us too. The choices we make in advance are the ones we keep.

Notice also *how* he said no. He did not insult the king or preach at the cook. He asked — respectfully, and he proposed a fair trial:

"Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink."

Daniel 1:12 (KJV)

"Pulse" means beans, lentils, peas — the plain food of plain people. And water. Ten days. Then look at us, and decide for yourself.

"And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat."

Daniel 1:15 (KJV)

And the story does not stop at the body. When the examinations came, those four young men were found "ten times better" than the wise men of Babylon, because "God gave them knowledge and skill in all learning and wisdom" (Daniel 1:17, 20). A clear head is one of the quiet gifts of a well-treated body.

Now let me be honest with you about this story, because honesty is part of respect. Daniel's ten days are not a promise that beans and water will make every person strong, or fix every illness. Scripture says plainly that it was **God** who gave the outcome in Babylon. Many faithful people eat carefully and still get sick; Paul's friend Timothy had "often infirmities" (1 Timothy 5:23), and Paul himself prayed three times for a thorn that God chose not to remove (2 Corinthians 12:8-9). What Daniel 1 teaches us is not a guaranteed result. It is a good decision, made early, in a heart that trusted God — and that much is available to anyone.

Eight gifts that cost almost nothing

Here is what I love about God's kindness: the best things He has given for your health are things the poorest person in the village can have. You do not need a card, a clinic, or a single gourd.

- **Fresh air.** Open the window. Step outside and breathe deeply, twice a day, on purpose.
- **Sunlight.** A little morning sun on your skin and in your eyes. God hung it in the sky for free.
- **Temperance.** A beautiful old word that means: enough, and not too much — and none at all of what harms you. "Wine is a mocker, strong drink is raging" (Proverbs 20:1). "Temperance" is literally part of the fruit of the Spirit (Galatians 5:22-23).
- **Rest.** Sleep is not laziness; it is a gift. "He giveth his beloved sleep" (Psalm 127:2, margin).
- **Exercise.** Move your body. Walk. Garden. Carry. Adam was put in Eden "to dress it and to keep it" (Genesis 2:15) — work was part of paradise, not part of the curse.
- **Good food.** Genesis 1:29, as simple and as generous as God made it.
- **Water.** Drink it. Wash with it. Most of us are simply thirsty and do not know it.
- **Trust in God.** The one no pharmacy sells. "A merry heart doeth good like a medicine: but a broken spirit drieth the bones" (Proverbs 17:22).

That list is not new, and it is not mine. More than a century ago Ellen G. White wrote one sentence that the ministry still quotes today: "Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power — these are the true remedies."

(The Ministry of Healing, p. 127; public domain.)

Eight gifts. Seven of them grow out of the world God made, and the eighth grows out of knowing Him. Not one of them requires money.

Rest is not laziness

Let me stay on that fourth gift for a moment, because it is the one most of us break first.

We live in a world that treats exhaustion like a badge of honour. But God built a rhythm into the very first week of history: six days of work, and then a whole day to stop.

"Remember the sabbath day, to keep it holy."

Exodus 20:8 (KJV)

The Sabbath is first of all holy time with God — we have a whole study on that gift. But do not miss what it also does for a tired body. One day in seven, the shop is closed, the phone can wait, the worry is handed over, and a human being is allowed to be a person instead of a machine. That is not God being strict. That is God being kind.

And underneath all the rest there is a deeper rest, the kind that sleep alone cannot give:

"Come unto me, all ye that labour and are heavy laden, and I will give you rest."

Matthew 11:28 (KJV)

Some of the heaviest tiredness people carry is not in the muscles. It is guilt, fear, grief, a worry that will not switch off at night. Jesus does not tell you to sleep it off. He invites you to hand it over.

"But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."

Isaiah 40:31 (KJV)

The trap: this is not a ladder to heaven

Now I must be very clear, because this subject has been used to hurt people, and that grieves the heart of God.

Healthful living does not save you. Not one vegetable, not one glass of water, not one early bedtime. If it could, Jesus would not have needed to die.

"For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast."

Ephesians 2:8-9 (KJV)

"For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost."

Read that last verse slowly, and let it set you free. The kingdom of God is not a plate. It is righteousness, peace and joy. Anyone who turns God's gift into a scoreboard has misunderstood both the gift and the Giver.

So three things follow, and they matter just as much as the eight gifts.

Do not judge your brother or sister. "Let no man therefore judge you in meat, or in drink" (Colossians 2:16). You do not know what someone's body needs, what medicine they take, what their doctor told them, or what they can afford this month.

Do not despise yourself for being sick. Illness is not a report card on your faith. When the disciples saw a blind man and assumed somebody must have sinned, Jesus said plainly, "Neither hath this man sinned, nor his parents" (John 9:3). Careful people still get cancer. Praying people still get diabetes. We live in a broken world, and the full healing is promised for the day when "there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain" (Revelation 21:4).

Do not make it about appearance. "Man looketh on the outward appearance, but the LORD looketh on the heart" (1 Samuel 16:7). This study is about honouring a temple, not about a number on a scale.

Start where you are

So what do we actually do on Monday morning? Paul gives us the simplest rule in the whole Bible for this subject, and it fits on one line:

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."

1 Corinthians 10:31 (KJV)

That is not a diet. It is a direction. It turns breakfast into worship and a glass of water into a small act of gratitude. And it is beautifully flexible, because "whatsoever ye do" includes whatever your real life actually looks like — a mother with four children, a man on night shift, an old woman whose knees hurt.

Do not try to change everything at once; nobody keeps that. Take the motorcycle approach. The man did not rebuild that machine. He wiped it down, checked the oil, parked it in the

shade. Small, daily, faithful care.

So choose **one** thing this week. One. Maybe it is water instead of the third sweet drink. Maybe it is a twenty-minute walk after supper. Maybe it is putting the phone in another room and sleeping one hour longer. Maybe it is finally making the appointment you have been avoiding for a year. Do that one thing for seven days, and thank God for the body He is keeping.

And if you have been hard on yourself while reading this — if you are thinking of the years you spent treating a borrowed machine better than you treated yourself — hear this: there is no shame in the house of God tonight. He is not standing over you with a list. He is standing at the door of the temple, and He wants to come in and live there.

Would you like to know the One who lives in the temple?

Do you want to know more about Jesus, study the Bible, or simply talk to someone who will pray with you? We would be glad to study with you — free, in your language, at your pace, by phone or in person. No cost, no pressure, no judgment. Bring your questions, your habits, your tiredness. All three are welcome here.

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SHARE THIS WITH SOMEONE WHO IS CARRYING TOO MUCH AND SLEEPING TOO LITTLE

Viewer Handout

Your Body, God's Temple — pocket version

5 truths to remember

1. Your body is not a machine you own — it is a temple where God's Spirit lives, and it was bought at the price of the cross (1 Corinthians 6:19-20; 3:16).
2. God cares about the whole person: your circumstances, your body and your soul together (3 John 1:2; Romans 12:1; Mark 6:31).
3. God's first menu was a generous gift, not a test — fruit, grain, seeds and nuts from His own hand, with the vegetables of the field added later (Genesis 1:29; 3:18).
4. Daniel settled it "in his heart" before the tray arrived, asked respectfully, and God gave the outcome in Babylon (Daniel 1:8, 12, 15, 17).
5. Healthful living never saves anyone and never makes us judges of others — "the kingdom of God is not meat and drink" (Romans 14:17; Ephesians 2:8-9; Colossians 2:16).

Memory verse

"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?"

1 Corinthians 6:19 (KJV)

Think & pray about it

- Is there something I look after better than I look after myself? Why is that easier?
- Daniel decided in advance. What is the one choice I should settle in my heart *before* the moment comes this week?
- Of the eight gifts — air, sunlight, temperance, rest, exercise, good food, water, trust in God — which one is God quietly pointing at right now? What is my one step for the next seven days?

Remember: this is spiritual encouragement, not medical advice — consult a qualified professional; in an emergency call 911.

Presenter Bullet Sheet

- **Open with the story** (the borrowed motorcycle: wiped, oiled, parked in the shade — then the man goes home and treats himself far worse; his wife's gentle sentence). Ask the room: "Why was he so careful with the machine?" Let someone say it out loud: *it wasn't his*.
- **Read the disclaimer early and clearly.** Spiritual encouragement, not medical advice; nobody should change a medicine, a treatment or start a fast because of tonight's meeting; see a qualified professional; in an emergency call 911. Promise no healing, no cure, no guaranteed outcome.
- **Point 1 — Whose body is this?** 1 Corinthians 6:19-20 ("not your own... bought with a price"); 1 Corinthians 3:16 (the Spirit dwells in you); Psalm 139:14. Stress honour and love, never shame.
- **Point 2 — God cares about the whole person:** 3 John 1:2 (circumstances, body, soul in one greeting); Mark 6:31 (Jesus noticed tired friends); Romans 12:1 (a *living* sacrifice — ordinary days as worship).
- **Point 3 — God's first menu:** Genesis 1:29, plus "the herb of the field" in Genesis 3:18. Emphasise the two words "I have given" — gift, not trap — and how generous and local the list is (name foods your own people actually eat). Reference SDA Fundamental Belief #22 for the church's published position.
- **Point 4 — Ten days in a palace:** Daniel 1:8 (decided in his heart, in advance), 1:12 (asked respectfully, proposed a fair test), 1:15 (the result), 1:17, 20 (a clear mind too). *Then immediately add the honesty note:* Scripture credits God with the outcome; this is not a promise that diet fixes every illness (1 Timothy 5:23; 2 Corinthians 12:8-9).
- **Point 5 — Eight gifts that cost almost nothing:** air, sunlight, temperance, rest, exercise, good food, water, trust in God. Tie in Proverbs 20:1, Galatians 5:22-23, Psalm 127:2, Genesis 2:15, Proverbs 17:22. Quote Ellen G. White, *The Ministry of Healing*, p. 127, accurately and briefly. Keep repeating: **free**.
- **Point 6 — Rest is not laziness:** Exodus 20:8 (the weekly rhythm God built); Matthew 11:28 (the deeper rest Jesus gives); Isaiah 40:31. Name the tiredness that is guilt and worry, not muscle.
- **Point 7 — Guard against the trap:** Ephesians 2:8-9 and Romans 14:17 (this is not a ladder to heaven); Colossians 2:16 (do not judge); John 9:3 (illness is not a verdict on

someone's faith); 1 Samuel 16:7 (not about appearance); Revelation 21:4 (full healing is promised, and its day is coming). Do this point carefully — some people in the room have been wounded by it.

- **Close with 1 Corinthians 10:31** — a direction, not a diet. "Whatsoever ye do" fits every real life in the room.
- **Appeal:** Invite each person to choose silently *one* small step for seven days, and to thank God for the body He is keeping. Then make the bigger appeal: the temple is not the point — the One who wants to live in it is. Offer free Bible study and prayer, with no pressure and no cost. Where there is real need, point to a qualified professional, never to a promise.
- **Close:** Memory verse (1 Corinthians 6:19) + tease the next study: "*Forgiveness: Free at Last.*"

10 Myths vs. Facts

Myth	Fact (with Bible)
1. God only cares about my soul; my body is my own business.	Scripture calls the body "the temple of the Holy Ghost" and says "ye are not your own: for ye are bought with a price" (1 Corinthians 6:19-20). John's greeting covers the whole person at once: "that thou mayest prosper and be in health, even as thy soul prospereth" (3 John 1:2).
2. Healthful living helps save me.	"By grace are ye saved through faith... not of works" (Ephesians 2:8-9). "The kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost" (Romans 14:17). Care for the body is gratitude for salvation, never payment toward it.
3. The Bible's health message is mostly a list of forbidden foods.	It opens with a gift: "Behold, I have given you every herb bearing seed... and every tree, in the which is the fruit of a tree yielding seed" (Genesis 1:29), with "the herb of the field" added afterward (Genesis 3:18). The first word is "given," and the list is wide.
4. If I ate and lived right, I would not get sick.	Scripture never says that. Timothy had "often infirmities" (1 Timothy 5:23); Paul's thorn stayed after three prayers (2 Corinthians 12:8-9); faithful Job suffered. Complete freedom from pain is promised for the new earth, not for this one: "there shall be no more death... neither shall there be any more pain" (Revelation 21:4).
5. Sickness means a person has sinned or lacks faith.	Jesus rejected that idea outright about the man born blind: "Neither hath this man sinned, nor his parents" (John 9:3). "The LORD looketh on the heart" (1 Samuel 16:7). Illness is not a verdict on anybody's faith.

6. Daniel 1 proves a certain diet will make anyone strong in ten days.	Daniel 1:15 reports what happened to four young men in Babylon, and the chapter credits God with the outcome: "God gave them knowledge and skill" (Daniel 1:17). The lesson is a loyal decision made early "in his heart" (Daniel 1:8) — not a guaranteed medical result for everyone.
7. Rest is laziness; the faithful are always busy.	God rested on the seventh day and made it holy (Genesis 2:1-3; Exodus 20:8-11). Jesus told tired disciples, "Come ye yourselves apart into a desert place, and rest a while" (Mark 6:31), and "he giveth his beloved sleep" (Psalm 127:2, margin).
8. Good health takes money I do not have.	The best of it is free: air, sunlight, temperance, rest, movement, simple food, water, and trust in God. Adam's exercise was a garden (Genesis 2:15); "a merry heart doeth good like a medicine" (Proverbs 17:22); "they that wait upon the LORD shall renew their strength" (Isaiah 40:31).
9. A faithful Christian should pray instead of seeing a doctor.	Scripture shows prayer and practical care side by side. Luke, Paul's companion, was "the beloved physician" (Colossians 4:14); Paul advised Timothy practically about his stomach (1 Timothy 5:23); Isaiah applied "a lump of figs" to Hezekiah's boil (Isaiah 38:21); Jesus Himself spoke of those "that are sick" needing a physician (Mark 2:17). Pray — and go.
10. I should judge other people's plates — or hide my own struggle in shame.	"Let no man therefore judge you in meat, or in drink" (Colossians 2:16), and "why dost thou judge thy brother?" (Romans 14:10). At the same time there is no shame for the honest: "If we confess our sins, he is faithful and just to forgive us" (1 John 1:9), and the invitation stands open — "Come unto me, all ye that labour and are heavy laden" (Matthew 11:28).

Where this comes from (Sources)

This study is built on the Bible and reflects the published beliefs of the Seventh-day Adventist Church. Verify everything for yourself:

- The Bible — passages on the body, food, rest and trust: Genesis 1:29; 2:1-3, 15; 3:18; Exodus 20:8-11; 1 Samuel 16:7; Psalm 127:2; 139:14; Proverbs 17:22; 20:1; Isaiah 38:21; 40:31; Daniel 1:8-20; Matthew 11:28; Mark 2:17; 6:31; John 9:3; Romans 12:1; 14:10, 17; 1 Corinthians 3:16; 6:19-20; 9:25; 10:31; 2 Corinthians 12:8-9; Galatians 5:22-23; Colossians 2:16; 4:14; 1 Timothy 5:23; 1 John 1:9; 3 John 1:2; Revelation 21:4 (King James Version, public domain).
- Seventh-day Adventist Fundamental Belief #22, "Christian Behavior": <https://adventist.org/beliefs>
- 28 Fundamental Beliefs (2020 edition, PDF): <https://adventist.org/wp-content/uploads/2020/06/ADV-28Beliefs2020.pdf>
- General Conference of Seventh-day Adventists: <https://gc.adventist.org/>
- Ellen G. White, *The Ministry of Healing* (1905), p. 127 — the eight remedies sentence quoted above — and *Counsels on Health* (public domain): <https://whiteestate.org/> / <https://m.egw writings.org/>
- For anything touching your own health, your doctor, nurse or clinic is the right source — not this study.

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pasteurclementsalonon.org · 903-748-9353 · jils19802012@gmail.com

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