



## [2 Corinthians 6:16-18](#)

(16) What agreement is there between the temple of God and idols? For we are the temple of the living God. As God has said: "I will live with them and walk among them, and I will be their God, and they will be my people."

(17) "Therefore come out from them and be separate, says the Lord.

Touch no unclean thing,  
and I will receive you."

(18) "I will be a Father to you,  
and you will be my sons and daughters, says the Lord Almighty."

## [2 Corinthians 7:1](#)

(1) Since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.

*New International Version*

This principle clearly covers the care of our bodies. In an overall sense, our stewardship is not merely to labor not to destroy the established relationship but to improve it. Good health is extremely valuable. Even though one can overcome poor health in one's vanity, of greater importance is that good health promotes the strengthening of the relationship. This is so because it is bound within the sanctification process. It is tied directly to growing, overcoming, purifying one's life, avoiding the pitfalls of life, living the abundant life, as well as to our witness before [the world](#) in glorifying God.

We can undertake a great deal of serious effort in keeping ourselves from committing sins like [idolatry](#), fornication, [adultery](#), lying, or stealing, while virtually ignoring the physical care of the body itself. Oftentimes, we do this by being ignorant of the responsibility or foolishly thinking that maintaining or improving our health is of little concern. The younger among us may find it helpful to ask someone older—onewhose

health is deteriorating or who has had to deal with poor health much of his life—how important having good health throughout life is. In no way should this reduce our efforts to overcome spiritual weaknesses, but it should encourage us to add another area of overcoming that will glorify God.

[Genesis 2:15](#) says, "Then the LORD [God](#) took the man and put him in the [garden of Eden](#) to tend [*dress*, KJV] and keep it." Dressing and keeping is an overall responsibility for everyone in what we are to do with life. It applies to life's spiritual and physical aspects. We are to begin where we are and cultivate, embellish, and encourage growth, while at the same time preserving, guarding, and protecting through maintenance from decay and deterioration.

A direct line connects this concept and [Jesus'](#) instruction in the [Parable of the Unjust Steward](#). The spiritual level is more important, but God wants [faithfulness](#) in the physical level also because both are inextricably bound in yielding to Him in the building of character. Both require study, meditation, and setting goals, as well as consistent, faithful application. We do both to glorify Him.

Unfortunately, some will not do what is necessary for success, perhaps because of ignorance of their responsibility. Others know but lack the character or the sense of responsibility. Some spend their time rationalizing and justifying the way they are or proclaim to themselves and others that they are victims of the system and have no way out. Nevertheless, God is in heaven, and He is the way out.

Eating is a major part of life, as substantiated by the Bible's 700 references to it. The abundant life that Jesus proclaims He wants all to lead hinges upon what we eat spiritually and physically. We must make a major effort to feed our minds and bodies with the best nutrition available, if we desire good spiritual and physical health.

— John W. Ritenbaugh

**To learn more, see:**

[Eating: How Good It Is! \(Part One\)](#)

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