

**Twenty One ————— Days
Of Prayer & Fasting**





day eight:

honoring the temple

“Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.” 1 Corinthians 6:19-20

Our bodies are more than just flesh; they are sacred temples where the Spirit of God dwells. Every choice we make, what we eat, how we rest, how we move, and how we care for ourselves, reflects how we honor the life God has given us.

Honoring the temple is not about perfection or rigid rules. It is about stewardship and intentionality. It is recognizing that our bodies are God’s dwelling place and treating them with respect, gratitude, and care. When we glorify God in our actions, thoughts, and habits, we invite His Spirit to work more fully through us.

During these 21 Days of Prayer and Fasting, reflect on the ways your body reflects the presence of God. Let every choice, big or small, be an act of worship, and allow your life to honor the sacred temple God has entrusted to you.