

Thought for the day – Thursday 1st July 2021
By Revd Kit Gunasekera

Temples of the Holy Spirit

I have really enjoyed re-reading *Fearfully and Wonderfully Made*, by Dr Paul Brand and Phillip Yancey. The book draws from Dr Brand's pioneering work in developing tendon transfer techniques for use in the hands of those with leprosy in India. He has such an amazing knowledge of the human body, and how it works, and along with Yancey, makes links with the spiritual body: the church and faith. I really recommend the book, even if like me, you have very little knowledge of the medical field!

My sense of awe of the body was further enhanced as we considered that our bodies are temples of the Holy Spirit, during last night's Living in Love and Faith session. I was struck by the privilege to have God reside in me and in my neighbour. What an amazing affirmation it is to have God as our guest! Of course He is more than a guest, but the implication of this divine presence should inspire us to love one self, including our bodies. Many of us struggle with our physical shape, conditioned by unrealistic and fantastical ideals pushed in our faces by the media, and by people close to us who should or don't know better.

Ultimately, God subverts all of that, by making a home in us. So perhaps, we could take a look at our bodies from time to time and say - well done God! - [Psalm 139:13-14](#)

What are the implications for you, knowing that your body is a temple of the Holy Spirit?