

Genesis 2:7 (NKJV)

⁷And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being.



God took time to form, to plaster, and to design our bodies with His own hands. We were not created like animals through His Word, but rather through the touch of His hands. Not only were our bodies created through the touch of God's hands, but His very own breath made our bodies alive. We are not simple breathing creatures like animals, but we are far superior: we have

self-awareness, self-knowledge, and consciousness. God has breathed into our bodies His very particular traits that distinguish us from animals. We are not struggling and striving to survive in this life like animals. We have the BREATH of God in us, God has breathed in us His life so that we could thrive, not survive.

Given that God has taken the time and put a personal touch on our bodies, how are we treating our bodies? Are we treating them like temples of the Holy Ghost carefully maintaining them to be able to do God's will at any time and in any season? Or, are we dumping in them whatever comes our way: junk food, negative ideas, and physical complacency? Are we despising and becoming frustrated with how our bodies' look and allowing such views to cripple our energy and paralyze us from pursuing what God has in store for our lives and those around us?

A preacher once said that we have an advantage over Satan because we have a physical body and to operate in this human world a body is required. Are we grateful to God for our bodies because we can be His hands and His mouth and destroy the enemy's work? We are the Kingdom front line soldiers enacting God's will on earth and our bodies carry His glory and authority.

