



Day 2: Poison the Temple

Feeding the Flesh While Starving the Spirit

What if the biggest threat to your spiritual life isn't what you think—but what you're feeding your body every day?

Your body is more than just skin and bones—it's a temple where God's Spirit lives. But right now, there's a battle going on you might not see.

Satan uses systems and strategies to poison your temple. He fills your world with unhealthy food, distractions, and habits that wear you down—physically and spiritually.

When your body is heavy and tired, your spirit becomes weak and less alert, and that's exactly what the enemy wants.

1 Corinthians 6:19–20 (AMP):

“Do you not know that your body is a temple of the Holy Spirit who is within you, whom you have [received as a gift] from God, and that you are not your own [property]? You were bought with a price [you were actually purchased with the precious blood of Jesus and made His own]. So then, honor and glorify God with your body.”

The enemy doesn't just want to tempt you with obvious sin—he wants to slow you down and silence your spirit through subtle attacks.

But you were made for more.

You were created to honor God with your whole being—body, soul, and spirit.

You don't have to be perfect to fight this battle.
You just need to be aware and intentional.

Start seeing your daily choices—what you eat, how you rest, how you care for yourself—as part of your spiritual walk.

Jesus is ready to help you reclaim your temple and your purpose.



I'd like to ask you to take a minute and Follow me on GodDesignLLC for

👉 Episode 3: Why the Enemy Wants You Medicated, Not Healed.

📖 **DEVOTIONAL: "Feeding the Flesh While Starving the Spirit"**

SCRIPTURE:

1 Corinthians 6:19–20 (AMP) — "Do you not know that your body is a temple of the Holy Spirit... You are not your own... So honor God with your body."

DEVOTIONAL REFLECTION:

It's easy to overlook the small things.

Fast food instead of real food.

Screens instead of rest.

Hustle instead of Sabbath.

These aren't just habits—they're part of a system that Satan uses to keep you distant from God.

When your body is drained, your spirit feels it too.

But God invites you into healing and renewal.

He wants you to honor Him by caring for the temple He's given you.

This isn't about perfection—it's about intentional steps toward life and freedom.

If you downloaded this 10-day series PDF ... go to Day 2 and say this short declaration and prayer with me.

DECLARATION:

I choose to honor God with my body. I reject the enemy's lies and accept God's healing and strength for my whole self.

PRAYER:

Jesus, open my eyes to the ways I've allowed my body to become a battlefield. Help me make choices that honor You and restore my spirit. I want to live fully for You.



CHALLENGE:

Ask the Holy Spirit: "What is one thing I can change today to better honor God with my body?"

Write it down and take that step, trusting God to guide you.