"Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?" - 1 Corinthians 6 V19

"Examine yourselves as to whether you are in the faith. Test yourselves. Do you not know yourselves, that Jesus Christ is in you? - unless indeed you are disqualified." - 2 Corinthians 13 V5

The Holy Spirit is a gift of God to all those who receive Jesus Christ as their Lord and Saviour and this happens at the very instance when one make this decision. The Bible refers to this life changing event as being Born Again, because we are born again of the Spirit of God and from that moment we belong to God. We should live our lives for the glory of God and use all that we have, including our bodies, for His glory. It is easy to drift away in this world of sin as we still possess our old human nature. But let us take a moment and examine ourselves as to whether we are in the faith and living for Christ. Our body is the temple of the Holy Spirit and Christ lives in us and do we realize it all the time and live our lives accordingly. Meditate on this. Praise God!

"And behold, I am coming quickly, and My reward is with Me, to give to every one according to his work." - Jesus Christ Amen. Even so, come, Lord Jesus!