

## Fun in the Sun

### Scripture Reading — 1 Corinthians 6:19-20

*You are not your own; you were bought at a price. Therefore honor God with your bodies.*  
—1 Corinthians 6:19-20—

August is often the perfect time to hit the beach. That can be a great family event—and yet there are dangers involved. One of them is excessive exposure to the sun.

Scientific research suggests that the growing rate of skin cancer is connected to overindulgence in sunbathing. Such use of the sun is a relatively new cultural phenomenon. And although the modern state of Israel is home to many beautiful beaches, the Bible doesn't speak directly on this issue. (In fact, there are some harsh words against sun worshiping in the Old Testament.)

Perhaps the apostle Paul gives us the best advice related to our leisure time at the beach. He teaches that our bodies are “temples of the Holy Spirit.” The biblical principle in this passage is that we are called to value our bodies and take good care of them.

According to the American Cancer Society, the best way to lower the risk of non-melanoma skin cancer is to avoid long exposure to intense sunlight and practice sun safety.

Let us remember that Jesus gave his own body to save us. And we are encouraged to be good stewards of our physical bodies as well as our souls, because we belong to God both physically and spiritually. God wants us to be as healthy as possible so that we can serve him and our neighbor.

### Prayer

*Father, thank you for saving me through the sacrifice of your Son, Jesus Christ. Give me wisdom to take good care of my body and soul, for I know they belong to you. Amen.*

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