

# Are **You** a Literal Temple of God?

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## Key Bible Passages

### [1 Corinthians 3:16-17](#)

- **You** are a temple of God
- The Spirit of God lives **in you**
- God's temple is holy, **which you are**

### [1 Corinthians 6:19-20](#)

- **Your** body is a temple of the **Holy Spirit** who is **in you**
  - A 4-part series on the **Holy Spirit** => <http://sidnash.org/?HCE1>
- **You** are not your own, for **you were bought** with a price
- Glorify God in **your** body and in **your** spirit, **which are God's**

### [2 Corinthians 6:15](#)

- **You** are a temple of **the living God** - says Paul, but WHO was he referring to?
  - [Matthew 16:16](#) You are the Messiah, **the Son of the living God**. (Peter speaking to Jesus)
  - [Jeremiah 10:10](#) **Jehovah** is **the true God**. He is **the living God**
  - **Conclusion** => **You** are a temple of **Christ's Father, Jehovah, the true God, the living God**
- **Father God** said, "I will dwell **in them** and walk **in them**..."
  - [Exodus 29:45-46](#) quoted => "I will dwell **among** the children of Israel, and will be **their** God. And they shall know that **I am Jehovah their God**" - recorded by Moses

[Ephesians 2:19-22](#) **You** are built for a **habitation of God** - Paul

[Hebrews 3:5-6](#) Messiah is faithful as a Son over his house. **We are his house**, if we hold fast our confidence and the glorying of our hope firm to the end. - likely written by Paul

**This is the basic Bible teaching of our body being a temple of God. *But, could there be a deeper, and more-literal, meaning?***

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## Let me introduce you to Doctor Roger Seheult

Dr. Seheult is a **quadruple board-certified physician** in Internal Medicine, Pulmonary Diseases, Critical Care Medicine, and Sleep Medicine through the American Board of Internal Medicine. He is an Associate Clinical Professor at the University of California, Riverside School of Medicine and an Assistant Clinical Professor at the School of Medicine and Allied Health at Loma Linda University. He has been **in practice for over 20 years** and is **recognized for his expertise in simplifying complex medical concepts** and has been **featured in various media outlets**, discussing topics such as immune health, inflammation, and disease prevention. I recently watched an interview in which **Roger made some very interesting comments about the temple of God in us**. Click on the audio player below to listen =>



Since the apostle Paul claims that **WE ARE the temple of God** and since the writings of Moses clearly **defines how the earthly temple was built**, Roger's hypothesis is, "**If we look at the pattern in the Temple, should it match the human body...?**"

*Next, let's look at Roger's comparisons, one-by-one, comparing the Temple with the Human Body. It's a fascinating topic that connects spiritual and biological concepts in meaningful ways.*

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## **The Vascular System :: The Altar of Sacrifice**

**The human vascular system** consists of a network of blood vessels (arteries, veins, and capillaries) that transport blood throughout the body. This system is essential for delivering oxygen and nutrients to tissues and removing waste products.

- Blood carries oxygen, nutrients, hormones, and immune cells, playing a crucial role in maintaining homeostasis and overall health. The vascular system is vital for sustaining life, as it ensures that every cell in the body receives what it needs to function properly.

**The altar of sacrifice**, in the writings of Moses, was a central feature of the temple courtyard, where animals were offered to God as sacrifices. This act was deeply symbolic, representing atonement for sin and the need for blood to be shed for redemption.

- [Leviticus 17:11](#) states, "**For the life of the flesh is in the blood, and I have given it for you on the altar to make atonement for your souls; for it is the blood that makes atonement by the life.**"

Both **the altar** and **the vascular system** emphasize the principle that **life is in the blood**. In the sacrificial system, the shedding of blood was necessary for atonement, showing the result of sin and the cost of redemption. In the human body, blood is essential for life, carrying the very elements that sustain bodily functions.

Just as the blood flows through the vascular system, nourishing and sustaining the body, the sacrifices made at the altar were intended to restore the relationship between God and His people. **The altar** served as a point of connection between the divine and the human, much like how **the vascular system** connects all parts of the body. Together, they reflect a deeper understanding of life, sacrifice, and the interconnections between spiritual and physical existence.

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## **The Interstitial Fluid :: The Laver**

**The interstitial fluid** is the fluid that surrounds and bathes the cells in the body, providing a medium for nutrient and waste exchange. It plays a crucial role in maintaining homeostasis and supporting cellular function.

- **Interstitial fluid** acts as a transport medium, allowing nutrients, gases, and waste products to move between blood vessels and cells. It helps maintain the balance of fluids in the body and is essential for cellular health and function.

**The laver, or basin**, is a significant **feature in the temple courtyard**, used by the priests for ceremonial washing before performing their duties. It was filled with water and symbolized purification and cleansing. See also [Exodus 30:18-20](#).

- [Exodus 30:18](#) states, "**You shall also make a basin of bronze, with its bronze stand for washing, and you shall put it between the tent of meeting and the altar, and you shall put water in it.**" This water was essential for the priests to cleanse themselves, symbolizing the need for purity before approaching God.

The act of washing in **the laver** was a preparatory step for the priests to serve in the temple, symbolizing their readiness to approach God. In a parallel way, **the interstitial fluid** system supports the overall health of the body, allowing it to function effectively and maintain a connection between the various systems.

**The laver** represents the need for physical and spiritual cleansing, just as **interstitial fluid** serves to maintain the health of cells by providing a clean environment for metabolic processes. **Both systems emphasize the importance of purity**—whether in a spiritual sense through **the laver** or in a biological sense through **the interstitial fluid**. Together, they reflect the interconnections between physical and spiritual purity, emphasizing the importance of both in the pursuit of wholeness and well-being.

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## The Plasma Membrane :: The Temple Door

In the human body, nutrients in the interstitial fluid must pass through **the plasma membrane** of cells to provide essential sustenance. This process often involves specific proteins, such as transporters and channels, that facilitate the movement of nutrients into the cell.

- **The plasma membrane** acts as a **selective barrier**, allowing only certain substances to enter while keeping others out. This **limited access** is crucial for maintaining cellular homeostasis and ensuring that cells receive the nutrients they need to function properly.

After making sacrifices at the altar, the priest would enter, through **the door** into the first compartment of the temple, known as the Holy Place, to continue his duties. This act represented a **transition from the outer courtyard**, where sacrifices were made, **to a more sacred space** where he would perform additional duties.

- [Exodus 26:36-37](#) describes **the screen for the door** of the tent which serves as a **barrier between the courtyard and the Holy Place**, reinforcing the idea of **limited access**.

Just as the **plasma membrane** selectively allows certain nutrients to enter the cell, **the screen/door** serve as barriers that regulate access to the Holy Place. Likewise, only priests were allowed entrance into the holy place. And, the priests must be purified before entering, reflecting the need for preparation and holiness.

The priest's entry through **the screen** into the Holy Place after purification signifies the continuation of his sacred duties, much like how the absorption of nutrients through **the plasma membrane** is essential for the cell's survival and function.

**This continuity** reinforces the idea that both **the human body and the temple serve as vessels for life**, whether through **the nourishment of cells** or the **mediation of the priest** in the presence of God.

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## Next, let's travel inside of the Human Cell to explore the Cytoplasm and then further inside - into the Nucleus

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### Mitochondria :: The Seven-Branch Candlestick/Menorah

**Mitochondria** are found in the cytoplasm, which is inside the cell and surrounding the nucleus. **Mitochondria** are often referred to as **the "powerhouses" of the cell**. These are responsible for producing ATP (adenosine triphosphate), the energy currency of the cell, through a process called cellular respiration.

- **Mitochondria** convert nutrients from food into usable energy, primarily in the form of ATP. This process involves the breakdown of glucose and fatty acids, utilizing oxygen to produce energy, carbon dioxide, and water. **Mitochondria are essential for cellular function and energy metabolism.**

In the Holy Place of the temple, **the seven-branch candlestick, or Menorah**, was a significant fixture that provided light. **It was fueled by pure olive oil, which was carefully prepared and maintained to ensure a steady flame.**

- [Exodus 25:31-37](#) describes the Menorah, stating, "**You shall make a candlestick** of pure gold. The **candlestick** shall be made of hammered work. Its base, its stem, its cups, its calyxes, and its flowers shall be of one piece with it. And **there shall be six branches going out of its sides...**" For more information, see [Exodus 27:20-21](#)

**The seven-branch candlestick** provides light in the Holy Place, symbolizing divine illumination and guidance( [Exodus 25:37](#); [Psalm 119:105](#) ). Similarly, **mitochondria** produce energy for the cell, enabling it to perform essential functions. **Both systems are vital for sustaining life—one in a spiritual context and the other in a biological context.**

The comparison between **the seven-branch candlestick** in the Holy Place and **the mitochondria** within the cytoplasm of the cell illustrates the themes of light, energy, and divine presence. **Both systems serve essential roles—one providing spiritual illumination and the other generating the energy necessary for cellular function.** This parallel reinforces the

interconnections between physical and spiritual life, emphasizing the importance of both in the pursuit of wholeness and vitality.

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## DNA :: The Two Tables of Stone

**DNA** (deoxyribonucleic acid) **inside the nucleus of a cell** contains the genetic instructions necessary for the development, functioning, growth, and reproduction of all living organisms. It is often referred to as the "**code of life**."

- **DNA** is composed of two strands that form a double helix, with sequences of nucleotides that encode the information needed to produce proteins and regulate cellular processes. **This genetic code is essential** for maintaining the integrity and function of the organism.

**In the Most Holy Place** of the temple, **the Ark of the Covenant** contained **the two tables of stone** on which **the Ten Commandments** were inscribed. These commandments state **God's moral law**.

- [Exodus 31:18](#) states, "**And he(Jehovah) gave to Moses**, when he had finished speaking with him on Mount Sinai, **the two tablets of the testimony, tablets of stone, written with the finger of God.**" This passage emphasizes the divine origin of the commandments, highlighting their significance as a code of conduct.

**The comparison between the two tables of stone** in the Ark of the Covenant and **the DNA** within the nucleus of a human cell **illustrates the themes of a "code of life" that governs behavior and function**. Both serve as foundational elements that, **when adhered to, promote health and well-being—whether in a spiritual or biological context**. This parallel reinforces the **interconnections between physical and spiritual life**, emphasizing the importance of following divine principles and maintaining the integrity of the life code for the flourishing of humans.

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## The Presence of Father Jehovah Above the Ark, who writes His law in our "inward parts"

[Exodus 25:21-22](#) You shall put the mercy seat on top of the Ark, and in the Ark you shall put the covenant(10 Commandments) that I will give you. There I(Jehovah) will meet with you, and **I will tell you from above the mercy seat, from between the two cherubim which are on the ark of the covenant, all that I command you** for the children of Israel.

- This verse highlights that God's presence was specifically associated with the Ark of the Covenant, where the Ten Commandments were kept. It signifies that the commandments were not just rules but were given in the context of a relationship with God, who dwelt among His people.

[Jeremiah 31:33](#) This is the covenant that I will make ..., **says Jehovah: I will put my law in their inward parts, and in their heart will I write it; and I will be their God, and they shall be my people:**

- This passage emphasizes the intimate relationship between God and His people, indicating that His laws are not just external rules but are meant to be internalized within us. **I must wonder if perhaps He has written His laws, a transcript of His character, in our DNA.**

**Recognizing Jehovah as the Creator** ( [Genesis 2:1-4](#) ) emphasizes His role as the architect of our bodies and the designer of our DNA. This connection highlights that **both the commandments and DNA reflect His divine design and purpose for life**.

**So, Yes indeed, "You [are] a Literal Temple of God"**, designed by our Creator in a similar manner as our Creator designed the original Earthly Temple, which was a copy of the Heavenly Temple( [Hebrews 9:24](#) ).

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You can watch the entire interview of Dr. Roger Seheult on YouTube => <https://youtu.be/wQJIGHVmdrA> or just his comments about us as the temple of God => <https://youtu.be/wQJIGHVmdrA?t=6998>

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Desiring to live by every word that comes from the mouth of Jehovah ( [Deut8:3](#); [Matt4:4](#) )

-[Sid Nash](#): 08/16/2025. Latest version: <https://sidnash.org/docs/LiteralTemple.html>