



DEFEND YOUR BODY



KEY SCRIPTURE: 1 CORINTHIANS
6:19–20 (KJV) **“WHAT? KNOW YE
NOT THAT YOUR BODY IS THE
TEMPLE OF THE HOLY GHOST...
THEREFORE GLORIFY GOD IN YOUR
BODY...”**

As women called into intercession, we are entrusted with both spiritual responsibility and personal stewardship. We are carriers of divine burdens, yet we also remain vessels through which God chooses to work. This balance must be understood if we are to walk in spiritual maturity.

The life of the Prophet Elisha in the bible presents a profound revelation that speaks directly to us even today. Here was a prophet who carried a double portion of anointing, a man through whom God performed extraordinary miracles, yet his body became weak and he died of sickness. However, even in death, the anointing upon his life remained active, so much so that his bones still carried power and released life. This reveals a critical truth: the anointing is sustained by God, not by the body. Yet, the body remains the vessel through which that anointing is expressed. As intercessors, we must therefore understand not only how to carry power, but how to defend and preserve the vessel i.e. our body that keeps us here on earth to carry out kingdom assignment.

The Spirit is the Source, but the Body is the Vessel

The life of Prophet Elisha clearly shows us that spiritual power does not originate from the body. Though his physical strength failed, his spiritual authority remained intact. (2 Kings 13 v21) This reminds us that as intercessors, our strength is not rooted in the flesh, but in our alignment with the Spirit of God. However, while the body is not the source of power, it is the channel through which power flows. This means it cannot be ignored or treated carelessly. We do not depend on the body, but we must steward it.

The scripture reminds us in **Zechariah 4:6 (KJV)** that it is not by might nor by power, but by the Spirit. Yet, **2 Corinthians 4:7 (KJV)** reminds us that this treasure is carried in earthen vessels.

This establishes balance. The Spirit is the source that empowers and the vessel (body) contains the spirit.



DEFEND YOUR BODY

The Reality of Elisha's Sickness — A Call to Understanding

Elisha's sickness introduce a sobering reality of a man full of power but still experienced weakness in his body. This teaches us that spiritual anointing does not automatically eliminate the responsibility of taking care of our bodies. As women intercessors, we must not assume that spiritual strength has replaced physical responsibility. The body must still be cared for, preserved, and defended.

Even though Prophet Elisha fulfilled his assignment, his condition reminds us that the vessel which is our body is not invincible. Therefore, wisdom requires that we do not neglect the body God has given us to carry out his assignment on earth.

The scripture in **3 John 1:2 (KJV)** reveals God's desire that we prosper and be in good health, even as our soul prospers. This shows that spiritual growth and physical well-being must walk together.

Defending the Body as God's Temple

As we grow in understanding, we recognize that defending the body is a spiritual responsibility. The body is not ours; it belongs to God and serves His purpose only. As intercessors, we defend the body through discipline, awareness, and intentional healthy living. We do not allow carelessness, neglect, or imbalance to weaken the body. The scripture declares in **1 Corinthians 6:19–20 (KJV)** that our bodies are the temple of the Holy Spirit. Therefore, our lifestyle must reflect this truth.

To defend the body is to:

- ✓ Guard what we allow into it
- ✓ Preserve its strength for kingdom use
- ✓ Maintain its vigour for divine assignment

This is not physical focus—it is spiritual obedience.

Balance in Intercession — Not Exhaustion but Endurance

Intercession places great demand on us. As women, we carry responsibilities across multiple areas of life—family, service, leadership, and spiritual labour. In this, there is a tendency to pour out continuously without preserving ourselves. However, doctrine teaches us that we are not called to exhaustion, but to endurance.

We must learn to live with balance, understanding that preservation sustains assignment.

When the vessel is preserved, continuity of our divine assignment on earth is maintained.

The scripture in **Romans 12:1 (KJV)** calls us to present our bodies as a living sacrifice. This sacrifice is not reckless, but intentional and sustained.

Endurance requires wisdom.

The miracle of Elisha's bones reveals that the anointing can continue even beyond the



DEFEND YOUR BODY

physical vessel (body) that carried the anointing. While the anointing endures, our role is to maximize our time, preserve our strength, and remain effective for as long as kingdom assignment demands. As intercessors, we are not called to shorten our assignment on earth by neglecting our bodies. We are called to sustain it through wisdom!

The scripture in **1 Corinthians 9:27 (KJV)** shows the discipline required to keep the body under control, ensuring that it remains aligned with purpose. We must therefore live intentionally.

Conclusion

As we reflect on the life of Elisha, we are reminded that the anointing we carry is powerful and enduring, yet the body through which anointing flows must be defended and preserved.

As women intercessors, we are called to live with awareness, discipline, and responsibility. We honour God not only in our prayers, but in how we care for our bodies. We understand that the body is not separate from our assignment—it is part of it.

May we therefore steward our lives with wisdom, remain aligned in purpose, and preserve ourselves as God's vessels fit for His use. May our lives continually reflect His presence, bringing glory to Him through both our spirit and our body. Glory to God!