**Sacred Self-Care: Honoring God’s Temple**

**Week 3**

### **Caring for Your Body**1 Corinthians 10:31 - *"So whether you eat or drink or whatever you do, do it all for the glory of God."*

### **1. The Resurrection Shows Us the Value of the Body**

### Jesus’ resurrection was not just \_\_\_\_\_\_\_\_\_\_\_\_\_; it was a \_\_\_\_\_\_\_\_\_\_resurrection.

### Luke 24:39 – *"Look at my \_\_\_\_\_\_ and my \_\_\_\_\_\_. It is I myself! Touch me and see; a ghost does not have \_\_\_\_\_\_ and \_\_\_\_\_\_, as you see I have."*

### The body matters to God—He \_\_\_\_\_\_, \_\_\_\_\_\_, and will \_\_\_\_\_\_ it.

 **2. The Power That Raised Jesus Lives in Us**

* Romans 8:11 – The same \_\_\_\_\_\_ that raised Christ from the dead gives \_\_\_\_\_\_ to us.
* Our bodies are meant to be \_\_\_\_\_\_, \_\_\_\_\_\_, and \_\_\_\_\_\_ in service to God.
* Taking care of our bodies—through \_\_\_\_\_\_, \_\_\_\_\_\_, and \_\_\_\_\_\_—is an act of \_\_\_\_\_\_.

 **3. Our Physical Health is Part of Our Witness**

* 2 Corinthians 5:20 – *"We are therefore Christ’s \_\_\_\_\_\_, as though God were making his appeal through us."*
* If our \_\_\_\_\_\_ suffers, our ability to \_\_\_\_\_\_ God and \_\_\_\_\_\_ is affected.
* We glorify God when we take care of the \_\_\_\_\_\_ He has given us.

**Challenge:**

**Reflect:** How have you been treating your body?

**Act:** Make one change this week to honor God with your health.

**Pray:** Ask God to give you the strength and discipline to care for the body He has entrusted to you.****