

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.