



Key Objective:

To understand that our bodies are sacred and important.
The Bible teaches that they are place in which the Holy Spirit lives.

Introduction:

- Physical health is important because our bodies house our spirit and God's Spirit
- You don't have to become a fitness or health fanatic
- Consistency is the key here. Small steps but done daily.
- Being healthy is not about becoming a particular shape or size.

Bible Talk:

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your bodies." - 1 Corinthians 6.19

- You are not your own
- You were bought at a price
- Holy Spirit lives in you
- Honour God with your Body

How would you look after the House that the Holy Spirit lives in?

- Food/diet/nutritionist
- Sleep/rest
- Exercise

"Your body is the vehicle to get you through life helping you fulfil your destiny" - getting to your destination.

- Really a question of stewardship
- We will give an account

Practical Steps:

• **Take a true assessment:**

- Be honest with yourself - Many people think they re doing better than they really are
- If you carry on like your living today, where will I be in 5 years, 10 years
- Are you a good steward of God's Temple

• **Find a companion for the journey:**

- Do the journey of health with someone
- This will provide encouragement
- It will also provide accountability

• **Pray with others and ask for the courage and strength to change**

- **Make one change** - For example: You could walk 20 minutes a day

