

**Key Objective:**

We are whole beings and each aspect of us, body, soul and spirit affects the others. Physical exercise should be embraced.

**Bible Talk:**

*For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. - 1 Timothy 4:8*

- Sometimes we ignore the first part of this verse because its about the physical
- But Paul says there is value in looking after our bodies
- The way we care for our physical bodies does impact many other areas of our lives. Relationships, sleep, energy levels, the quality and longevity of of our lives.
- A number of years ago when I decided to embrace physical exercise it was uncomfortable and painful but as I stuck with it the rewards of a healthier more energised life has been worth it.
- Physical exercise gives us more energy and vitality.

*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*

*Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it.*

*Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control lest after preaching to others I myself should be disqualified.*

**- 1 Corinthians 9:24-27 ESV**

**Practical Steps:**

- What do you enjoy - walking, swimming, running, gym and weights or a class with other people?
- You're more likely to stick with something if you enjoy it.
- Make a routine - same time every week or every day
- Walking can be a great way to start
- Take someone on the journey with you more sustainable and it's encouraging, motivating.
- Start small and then as it becomes easier and you can increase

