

## LESSON 10 // TAKE CARE OF YOUR BODY

**Big Idea:** A key part of wisdom involves managing your body. How you manage your body impacts your relationship with God, your relationships with others and your usefulness for God's kingdom.

This starts by acknowledging that your body is a gift from God. Your body was created for His purpose—to be a holy place, vessel and instrument. Managing your body in a way that honors the Lord requires discipline, including setting and keeping scheduled times with God, establishing a good structure for your life, working purposefully and productively, and developing holy and healthy habits.

**Proverbs 3:5-8 (NIV)** *Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones.*

### Start Talking:

Do you lean toward focusing a lot on the care of your body or not enough? What has influenced you in your approach to this (e.g., health issues, not feeling like you have time for exercise, etc.).

### Start Thinking:

**Read Genesis 1:26-27 and Psalm 139:13-14.** What do these verses tell you about God's perspective of you of your body?

What are some ways you can properly acknowledge and treat your life and body as gifts from God?

**Read 1 Corinthians 6:13 and 1 Thessalonians 4:4.** What is God's purpose for your body? What impact should this have on how you live?

**Read 1 Corinthians 9:27.** Why is discipline so important in managing our bodies? What happens physically and spiritually if we fail to live a disciplined life?

### Start Praying:

Pray for a fresh perspective on the value of your body as a gift from God that He wants you to use for His glory.

### Start Doing:

Choose one practical way you can take better care of your body and make it your goal to start applying that this week. Integrate this into your regular routines so it becomes a holy and healthy habit in the weeks and months ahead!