



FALL BIBLE STUDY SERIES: DEVELOPING HEALTHY HABITS

(MAKING BETTER LIFE DECISIONS)

LESSON ONE: STEWARDING YOUR BODY

YOUR BODY IS THE TEMPLE OF GOD



"We first make our habits, and then our habits make us."



HOW IS YOUR BODY THE TEMPLE OF GOD?



1 Corinthians 6:19-20

What? Know ye not that your body is the temple of the Holy Ghost, which is in you, which you have of God, and you are not your own? For you are bought with a price: therefore, glorify God in your body, and in your spirit, which are God's.



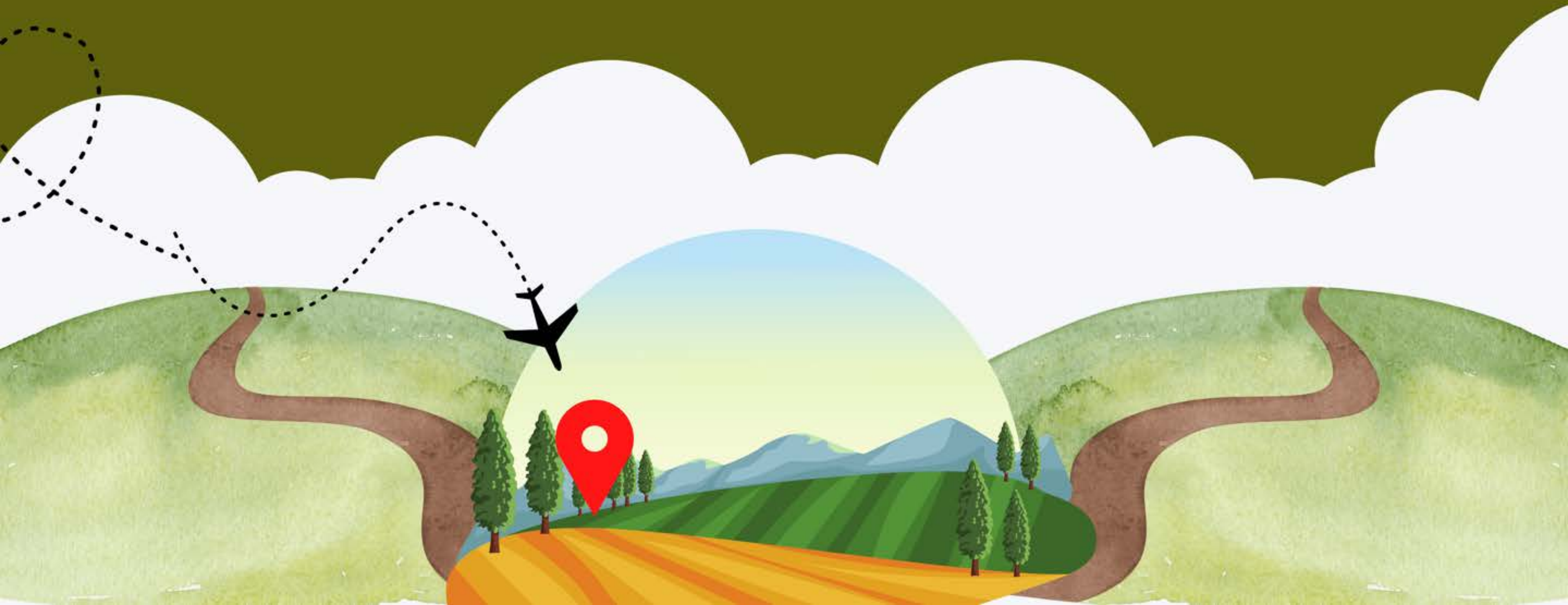
**WHEN WE PRIORITIZE OUR HEALTH
AND WELL-BEING, WE WILL HAVE:**



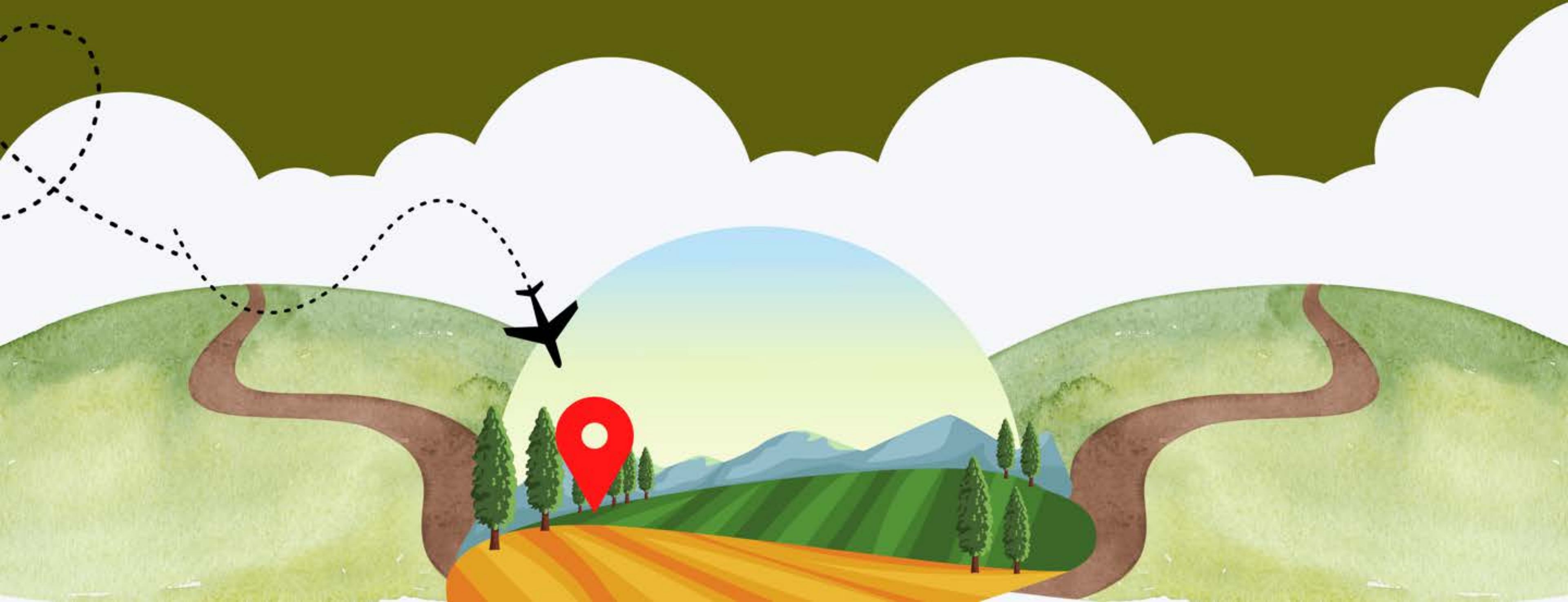
Strength Endurance Resilience



WHAT DOES IT MEAN TO DEFILE THE TEMPLE OF GOD?



"Our very bodies are not our own, to treat as we please, to cripple by habits that lead to decay, making it impossible to render to God perfect service. Our lives and all our faculties belong to Him."



FOUR WAYS WE CAN DEFILE OUR BODIES:

1. Consuming harmful substances
2. Engaging in sexual immorality
3. Indulging in unhealthy eating habits
4. Lack of sleep



NEGATIVE THOUGHTS CAN IMPACT YOUR HEALTH



Proverbs 23:7, For as he thinketh in his heart,
so is he.



HOW CAN I HONOR GOD WITH MY BODY?

Eight Health Principles



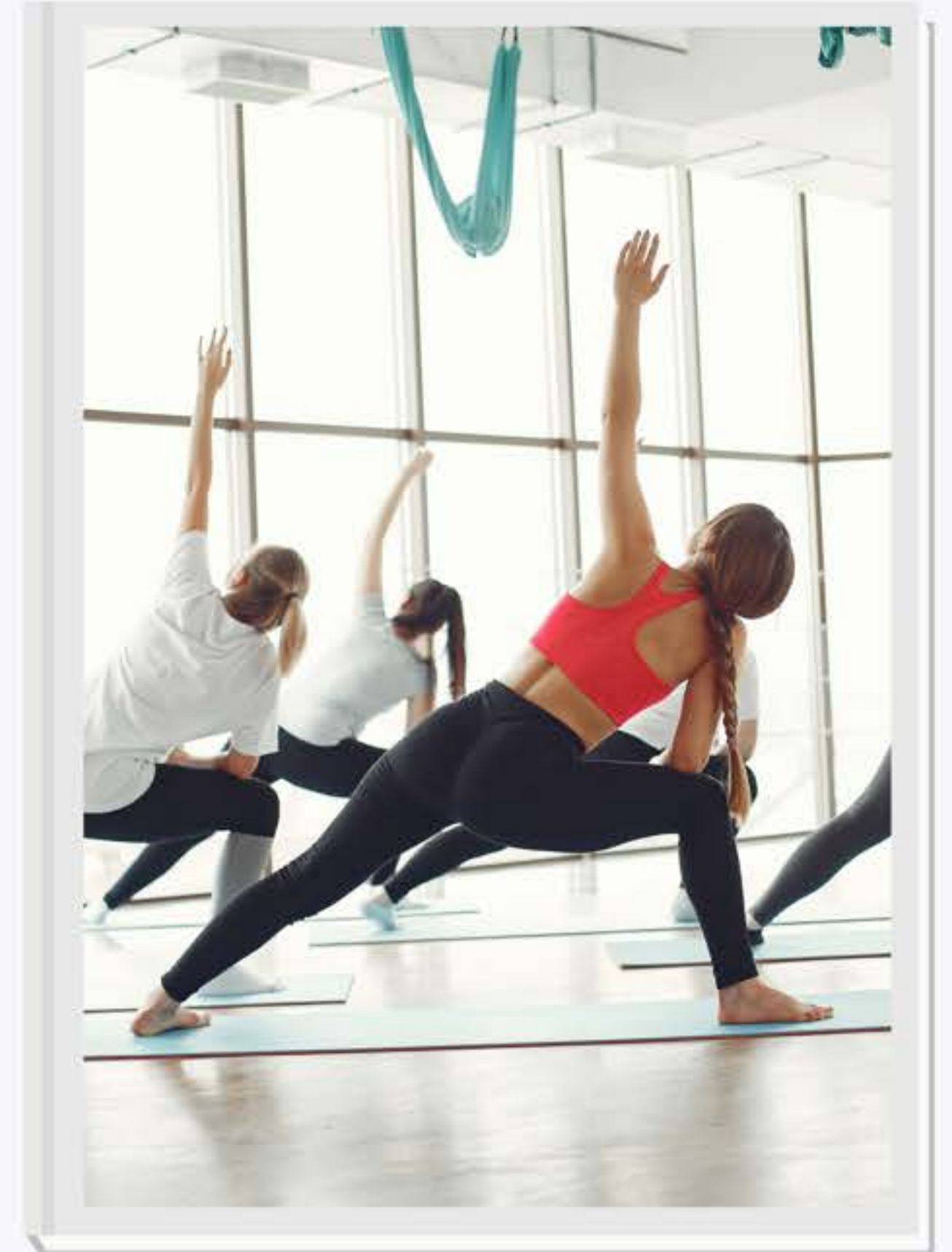
1. NUTRITION is a Critical Part
of Health and Development.



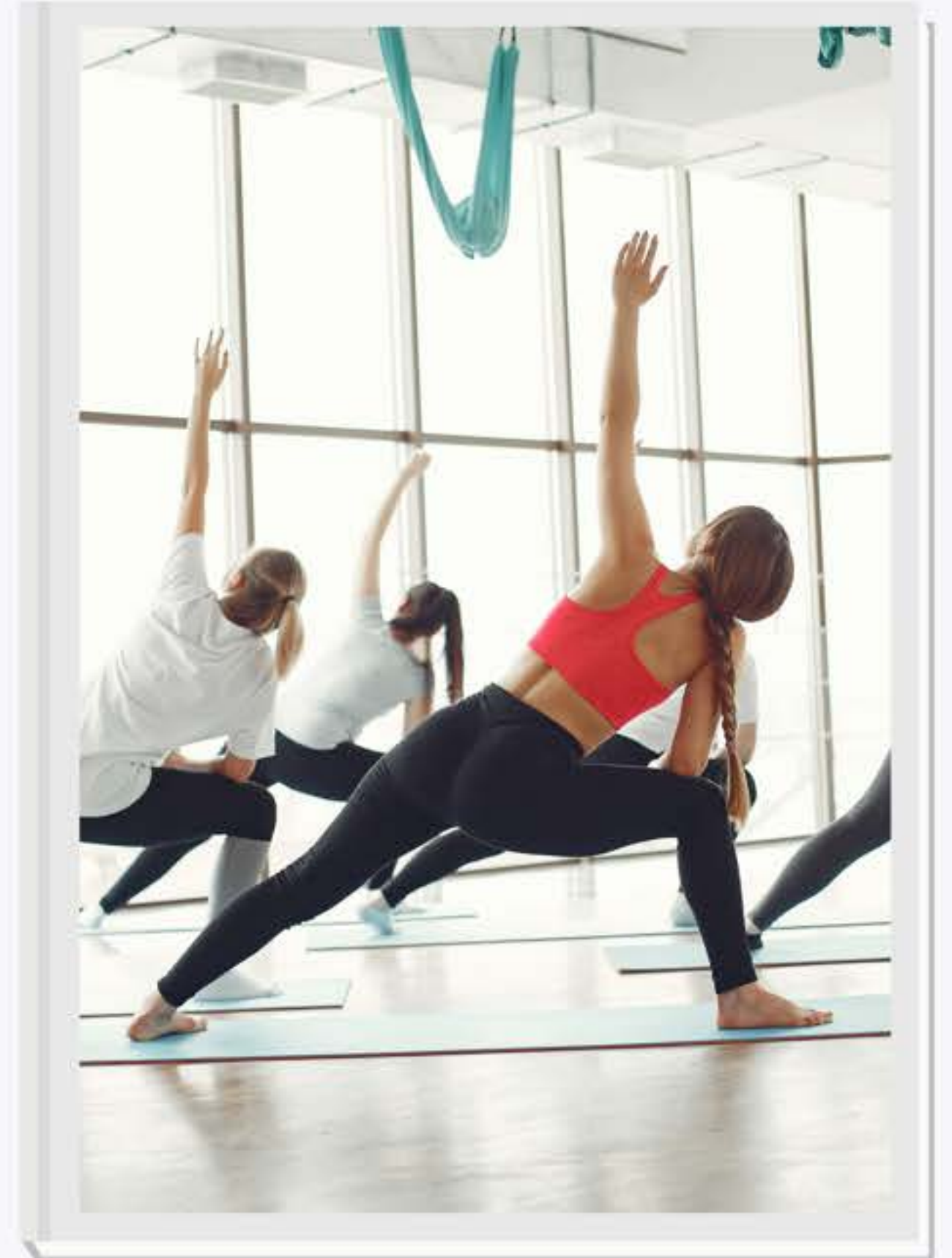
Genesis 1:29, And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.



2. EXERCISE is an Important
Part of a Healthy Lifestyle.



1 Timothy 4:8, For bodily exercise profits little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.



3. WATER is an Essential Part
of a Healthy Balanced Diet.



Psalm 63:1, O God, thou art my God;
early will I seek Thee: my soul thirst for
Thee, my flesh longs for Thee in a dry and
thirsty land, where no water is.



4. SUNLIGHT can Improve
Your Health and Well-Being.



Ecclesiastes 11:7, Truly the light is sweet,
and a pleasant thing it is for the eyes to
behold the sun.



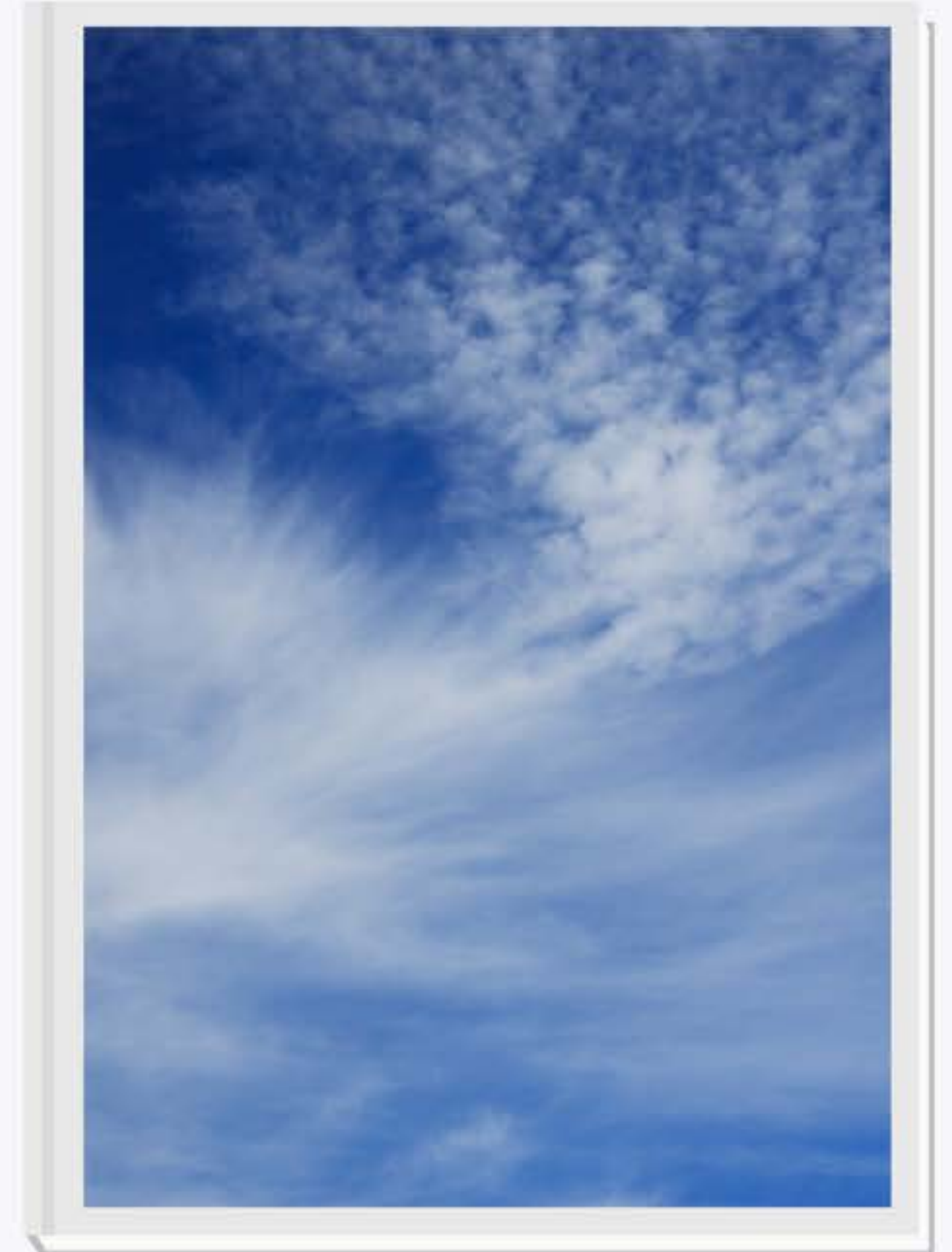
5. TEMPERANCE is an Important Feature of Social and Emotional Health.



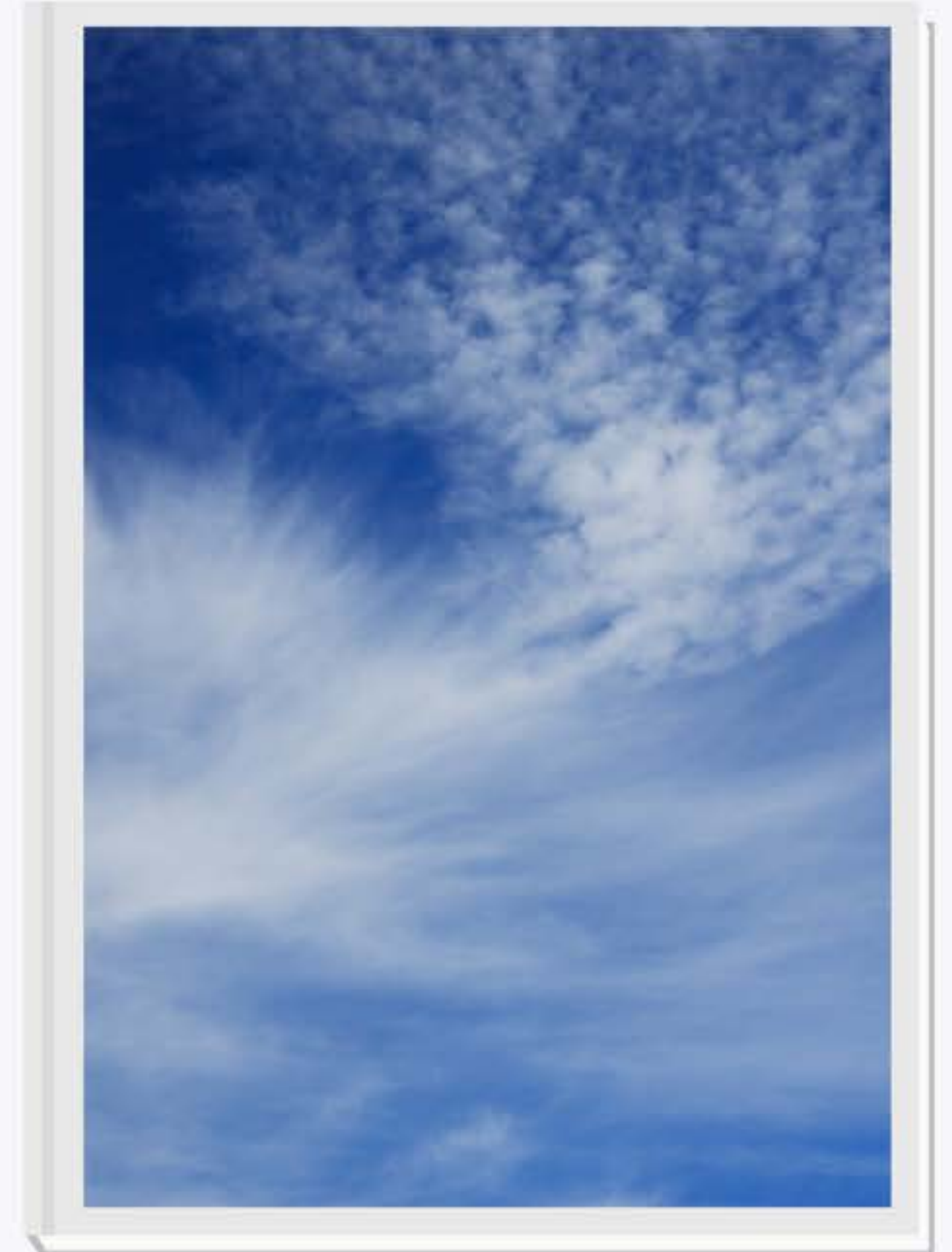
Proverbs 25:28, He that hath no rule over his own spirit is like a city that is broken down, and without walls.



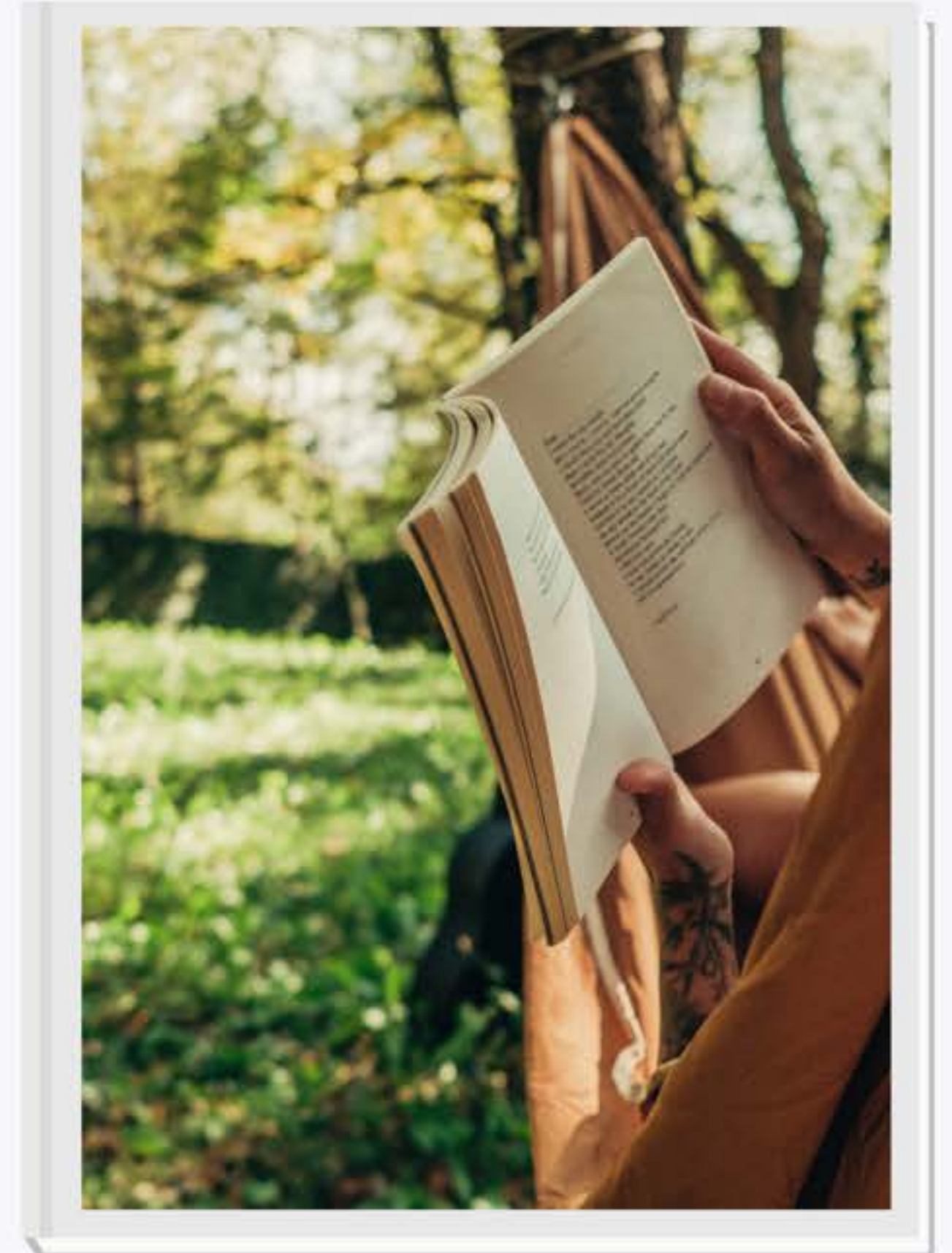
6. FRESH CLEAN AIR is Good
for Your Health.



Genesis 2:7, And the Lord God formed man of the dust of the ground and breathed into his nostrils the breath of life; and man became a living soul.



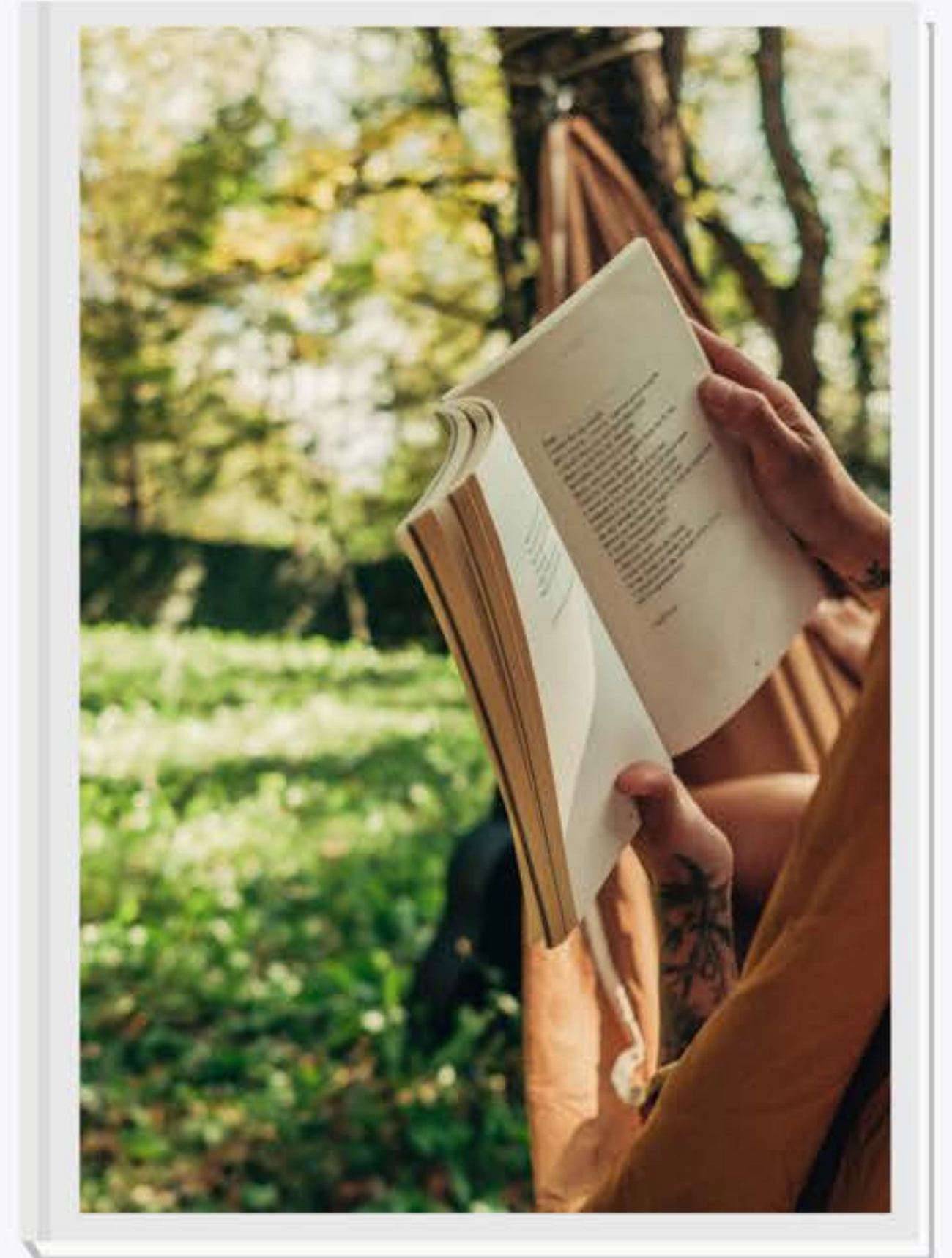
7. REST and RELAXATION Reduces Stress and Improves Overall Health.



Exodus 20:8-10, Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work.



Psalm 127:2, It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so He giveth His beloved sleep.



**“THE BEST INVESTMENT YOU’VE EVER
MAKE IS YOUR OWN HEALTH.”**



BIBLE STUDY FOLLOW UP CHAT QUESTIONS:

1. What was your greatest takeaway from today's lesson?
2. What did God create for Adam and Eve before He formed them?
3. How is our physical health and your spiritual growth intertwined?



BIBLE STUDY FOLLOW UP CHAT QUESTIONS:

4. In what way is your body the temple of God?
5. List ways we can defile our bodies.
6. List the eight health principles and explain why they are important.
7. What is one thing from today's lesson you can incorporate starting now.

