

STEWARDING Your Body

- God doesn't hold us _____ for what we don't have. But He does hold us accountable for what we possess. (Ex 4:2)
- God gave us a body, and God requires that we steward our bodies _____. (1 Cor 4:2)

- We can steward our bodies by:
 - Eating right (avoiding toxins).
 - Exercise.
 - Getting enough rest.

1 Corinthians 6:13 MSG

Since the Master honors you with a body, _____ him with your body!

1. Stewarding my body reflects divine _____. (1 Cor 6:19-20; Rom 12:1)
2. Stewarding my body brings _____. (1 Cor 10:31)
3. Stewarding my body allows me to be more _____. (1 Cor 9:24-27; Mark 12:30)
4. Stewarding my body allows me to _____. (Ecc 3:12-13)

For further discussion:

What plans have you made to steward your body?

Do you think New Year's resolutions are hurtful or helpful?

What does it mean to love the Lord our God with all our strength (Mark 12:30)?

Read 1 Timothy 4:8. How would you interpret this verse?

Why does the Apostle Paul use so many athletic metaphors for the Christian life? (i.e. 1 Cor 9:24-27; 2 Tim 4:7; etc.)

In light of the fact that your body is the temple of the Holy Spirit, how important is it that you honor your body?

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