



MOTIVATORS

1 Corinthians 10:31

So, whether you eat or drink, or whatever you do, do all to the glory of God.

Romans 12:1

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

1 Corinthians 6:19-20

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.

Ephesians 2:10

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

IDEAS

- **How is your body hindering you from living on mission?**
 - Commit to observing sabbath rest weekly.
 - Consider fasting from something that distracts or controls you physically.
 - Commit to your ideal sleep duration each night (7-9 hours).
 - Stay up-to-date with yearly physicals and screenings.
 - Reduce your level of stress for your physical well-being.
- **How can your body enhance your ability to live on mission?**
 - Commit to an exercise program or recreation with an unchurched friend.
 - Research physical fitness guidelines specific to your age in order to maintain good, overall health.
 - Research dietary guidelines and seek to improve your nutrition and eating habits.
 - Work with a fitness coach to establish goals.

RESOURCES

- Magazine: Common Good Issue 15
- Podcast: God Cares About Your Body by Sam Allberry
- Podcast: Should Christians Care About Physical Fitness? by Erik Thoennes and Jeremy Treat
- Book: Margin: Restoring Emotional, Physical, Financial, and Time Reserves to Overloaded Lives by Robert Swenson
- Article: 12 Biblical Ways to Reduce Stress in Your Life Today
- Article: CDC About Physical Activity
- Article: Build a Healthy Eating Routine



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