

THE GOAL OF OUR TIME

Learn it so we can apply it, so we don't have to regret it.

THIS YEAR HAS TAUGHT US

Our health matters.

REALITY IS...

Much of our health is in our control.

CULTURE OF EXTREMES

We either obsess over or neglect our bodies.

BIG QUESTION

How do we balance caring for our bodies while not idolizing them?

SCRIPTURE TEACHES

My body is crucial to my calling.

TO MY YOUNGER SELF

My body is a product of my habits.

WHAT IS TRUE ABOUT OUR BODIES

How we live physically affects us spiritually.

We should live physically like stewards and not owners.

ASK YOURSELF

Am I obsessing over, neglecting or honoring God with my body?

APPLY IT

Start or end one habit that will honor God with my body.