



Session 2: Fitness & Nutrition

God Created our physical bodies to be vessels of his spirit that accomplish his purposes. Self-care is not self-centred when it is done to the care for the body entrusted to us by God and inhabited by the Holy Spirit. We honour God with our bodies when we take care of them through exercise, rest, nourishing foods, and health care in order to function as he designed.

“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.” 1 Corinthians 6:19-20

Key Questions to measure your Success in this aspect:

- I have an intentional plan in place for managing my caloric intake and ensuring a balanced diet?
- My exercise routine or physical activity is frequent and consistent?
- I am maintaining a healthy weight and feel good physically?

My Goal for my Fitness & Nutrition in 2025 is:



Rating yourself on your Balance Wheel Areas (Refer to Balance Wheel):

- Highest Area?
- Area which needs improvement?
- Lowest Area?
- Area where you need Prayer or Counsel

Rating Matrix:

- 1 – 3: Do not spend time in this area
- 4 – 6: Needing to improve in this area.
- 7 – 10: This aspect of my life is in a good place.

Notes – Based on today's Session, what are my most critical To-do's for the month ahead. **DO > TALK**

“And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the father through him.” – Colossians 3:17