

I. TEACHING NOTES

OPENING THOUGHT

My purpose is to _____ God.

My mission is _____ right now.

Week 1: I am who God says I am.

Week 2: God sees me in every season.

Week 3: God is forming my character for my mission.

Week 4: God has surrounded me with the right people.

Week 5: I will walk in courage and obedience.

Week 6: I will seek God before I take my next step.

Week 7: I am on mission where God has planted me.

Week 8 Core Truth My body is not the _____,
but my body carries the mission.

Point 1 My Body Is a Gift to _____,

Not a god to Worship

1 Corinthians 6:19–20

“Do you not know that your bodies are temples of the Holy Spirit...? You are not your own; you were bought at a price. Therefore honor God with your bodies.”

Where I may be tempted toward comparison, shame, or neglect:

Point 2 Preparation Requires _____

Esther 2:12

"Before a young woman's turn came to go in to King Xerxes, she had to complete twelve months of beauty treatments..."

1 Corinthians 9:25

"Everyone who competes in the games goes into strict training."

One area where I need more discipline:

Point 3 Fatigue Can Distort My _____

1 Kings 19:5

"Then he lay down under the bush and fell asleep. All at once an angel touched him and said, 'Get up and eat.'"

Psalms 127:2

"In vain you rise early and stay up late... for he grants sleep to those he loves."

Rest reminds me that God is _____
and I am not.

Where exhaustion may be affecting my attitude, emotions, or discernment:

Point 4 Healthy Rhythms Create Greater

_____ for Mission

Romans 12:1

“Offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.”

Luke 5:16

“But Jesus often withdrew to lonely places and prayed.”

A rhythm I may need to strengthen:

- | | |
|------------------------------------|---|
| ☐ Sleep | ☐ Screen limits |
| ☐ Sabbath | ☐ Stress management |
| ☐ Exercise | ☐ Medical care |
| ☐ Nutrition | ☐ Prayer and solitude |
| ☐ Other: _____ | |

Point 5 Small Changes Can Become Sacred

Zechariah 4:10

“Who dares despise the day of small things?”

My one faithful physical stewardship step this week:

II. REFLECTION

1. Sunday Recap

What stood out to me most from the message?

One truth I need to remember this week:

2. Physical Stewardship Inventory

How would I honestly describe my current energy level?

- ☐ Strong
- ☐ Steady
- ☐ Inconsistent
- ☐ Low
- ☐ Exhausted
- ☐ Other: _____

What currently drains my energy the most?

Where am I caring well for what God gave me?

Where am I neglecting what God gave me?

What physical rhythm is most connected to my spiritual and emotional health right now?

- ☐ Sleep
- ☐ Rest
- ☐ Food
- ☐ Movement
- ☐ Sabbath
- ☐ Stress
- ☐ Screen habits
- ☐ Medical care
- ☐ Other: _____

3. Listen to God

“God, what are You saying to me about how I am stewarding my life?”

4. Honest Evaluation

Check any statement that may be true for you:

- ☐ I often feel tired but keep pushing anyway.
- ☐ I struggle to rest without feeling guilty.
- ☐ I have ignored warning signs in my body.
- ☐ I use busyness as an excuse for unhealthy rhythms.
- ☐ I compare my body or capacity to others.
- ☐ I need to stop treating my body like a machine.
- ☐ I need to stop making appearance my focus.
- ☐ I need to take a practical first step toward health.
- ☐ I need to receive grace and begin again.
- ☐ I am ready to steward my life for God’s glory.

What is God highlighting from this list?

III. READING PLAN

Day 1: Esther 2:12–13 + 1 Corinthians 6:19–20

→ My body is a gift to steward, not a god to worship.

Day 2: Romans 12:1–2

→ Worship includes offering my whole life to God.

Day 3: 1 Kings 19:1–8

→ God cares for tired people with rest and provision.

Day 4: Psalm 127:1–2

→ Rest is an act of trust.

Day 5: Luke 5:15–16 + Mark 6:30–32

→ Jesus practiced rhythms of withdrawal and rest.

Day 6: 1 Corinthians 9:24–27 + Zechariah 4:10

→ Discipline and small steps prepare me for mission.

IV. TAKE ACTION

Choose One Physical Stewardship Step

This week, I will take one step in the area of:

- | | |
|---------------------------------|--|
| ☐ Sleep | ☐ Screen limits |
| ☐ Nutrition | ☐ Medical care |
| ☐ Movement | ☐ Emotional health |
| ☐ Sabbath | ☐ Other: |
| ☐ Stress | _____ |

My specific step will be:

I will practice this step on these days:

- | | |
|---------------------------------|--------------------------------|
| ☐ Monday | ☐ Friday |
| ☐ Tuesday | ☐ Saturday |
| ☐ Wednesday | ☐ Sunday |
| ☐ Thursday | |

Who can encourage me or hold me accountable?

My Week 8 Statement

“Because my life belongs to God, I will steward _____

so that I can be more available for _____.”

Prayer

Father, thank You for the life You have given me.
Thank You for my body, my breath, my strength, and my capacity.
Forgive me for the times I have neglected what You entrusted to me.
Forgive me for the times I have compared myself to others or allowed shame to lead me.
Teach me to honor You with my body.
Help me build healthy rhythms of rest, discipline, movement, and surrender.
Show me one faithful step to take this week.
Not for appearance.
Not for approval.
Not for comparison.
But for Your glory.
I offer all of myself to You.
My heart.
My mind.
My body.
My energy.
My schedule.
My future.
Use my life for Your mission.
For such a time as this.
In Jesus' name, Amen.

WEEK 8 DECLARATION

I am who God says I am.
God sees me in every season.
God is forming my character for my mission.
God has surrounded me with the right people.
I will walk in courage and obedience.
I will seek God before I take my next step.
I am on mission where God has planted me.
I will steward my life for His glory.
For such a time as this.

SMALL GROUP QUESTIONS

Physical Stewardship

1. Body as Stewardship

The message taught that “my body is not the mission, but my body carries the mission.” How does that statement challenge the way you think about your physical life?

2. Comparison and Shame

Why is it important to talk about physical stewardship without making the message about appearance, comparison, or shame?

3. Preparation and Discipline

Esther went through a season of preparation before stepping into a place of influence. What is one area of your life where preparation or discipline may be needed right now?

4. Fatigue and Discernment

Have you ever noticed that exhaustion affected your attitude, emotions, relationships, or ability to hear God clearly? What did that season teach you?

5. Healthy Rhythms

Jesus often withdrew to pray and rest. What rhythm do you need to build or rebuild so that you can live more available to God and others?

6. One Faithful Step

What is one small physical stewardship step you can take this week? How can the group encourage you?

NOTES
