

LEVEL UP

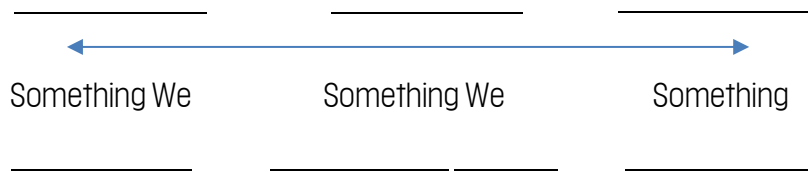
Your Health

1 Corinthians 6.19-20 & 1 Timothy 4.8-10

Your Body is a Temple...

“Do you not know that **your bodies are temples** of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore **honor God with your bodies.**”
1 Corinthians 6.19-20

How we view and value our physical bodies really matters:



“Don’t you know that **you yourselves are God’s temple** and that God’s Spirit dwells in your midst?”
1 Corinthians 3.16

“For **we are the temple** of the living God.”
2 Corinthians 6.16

Leveling Up Your Health

It starts with a _____

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to **offer your bodies** as a living sacrifice, holy and pleasing to God – this is true worship.”
Romans 12.1

Which becomes a _____

“The fruit of the Spirit is... **self-control.**”
Galatians 5.23

And stirs up _____

“For God is working in you, giving you **the desire and the power** to do what pleases him.”
Philippians 2.13 (NLT)

To become your _____

“...Train yourself to be godly. For **physical training is of some value, but godliness has value for all things**, holding promise for both the present life and the life to come.”
1 Timothy 4.7-8

Let honoring God be your highest health goal.

