



PHYSICAL

This gauge can represent how you are doing physically, your habits of resting, eating and exercising & your overall energy level (do you find yourself feeling more rested or tired). If you are currently sick or have any significant injuries write what you are dealing with inside the gauge.

DRAW A LINE ON THE GAUGE ABOVE TO INDICATE YOUR CURRENT LEVEL OF PHYSICAL HEALTH.

WHERE TO START...

Take a few minutes to examine your physical habits over the past 2 weeks. Consider things like the quality and amount of sleep you have gotten, what you have consumed (food, drink) and what activities/exercise you have engaged in doing. Finish by answering this question: Do I consistently have the energy to live the life I want to live?

WHAT GOD SAYS...

“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

“...train yourself to be godly. Physical training has 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

“Then Jesus said to them, ‘The Sabbath was made for man...’

John 15:1-13 (NIV)

TODAY, I WILL...

Decide to take **ONE** step towards being healthier physically and having more energy. You might decide to go to bed earlier tonight or take a nap to get some rest. You could choose a healthy option you enjoy for one of your next meals. Maybe its been a while since you did some activity that you like doing and carve out the time to do it. Or you might put on your calendar a period of 24 hours to practice Sabbath (“rest, play, no work, God loves me”).

TODAY, I WILL _____.

TODAY, MY PRAYER IS...

*Heavenly Father,
thank you for creating me, for giving me
the gift of life and for giving me my body.
Help me to see myself and my body
as you see me and my body.
Give me the grace to accept and love
myself and my body as I am right now.
Father, I want to glorify you with
my body and I need your help to do this.
Please give me the direction and desire
to be physically healthy so I have
the energy to live life fully for you.
In Jesus' name I pray, amen.*

LOOKING GO DEEPER?

[Trust the Story](#) by BEMA Discipleship (Podcast)

[Real Life Weight Loss](#) by Corey Little (Podcast)

[Start Strong, Finish Strong](#) by Kenneth Cooper & Tyler Cooper