

# Walk With Scripture - Scripture Lesson

## Title: *Honoring God with Our Bodies A Biblical Approach to Health*

---

### Focus Scripture:

- **ESV:** “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
  - **NIV:** “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
- 

### Opening Prayer (5 minutes):

Heavenly Father, we thank You for the gift of our bodies and the opportunity to learn how to take care of them in a way that honors You. We ask for Your guidance as we study Your Word today. Help us to see our health as a part of our worship and to recognize the importance of caring for the bodies You have given us. May this lesson inspire us to live in a way that brings glory to Your name. In Jesus' name, we pray. Amen.

---

### Introduction to the Topic (5-10 minutes):

Today's lesson focuses on the importance of keeping healthy and how caring for our bodies is a spiritual responsibility. The Bible teaches that our bodies are temples of the Holy Spirit, and we are called to honor God with how we treat them. This includes not only avoiding harmful behaviors but also actively pursuing practices that promote health and well-being. Physical health affects our spiritual health and vice versa. By maintaining our bodies well, we are better equipped to serve God and others. Let us explore what the Bible says about honoring God with our health.

---

### Bible Verses for Discussion (20 minutes):

#### 1. 1 Timothy 4:8

- **ESV:** “For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.”
- **NIV:** “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.”

#### 2. Proverbs 3:7-8

- **ESV:** “Be not wise in your own eyes; fear the Lord, and turn away from evil. It will be healing to your flesh and refreshment to your bones.”
- **NIV:** “Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones.”

# Walk With Scripture - Scripture Lesson

## 3. 3 John 1:2

- **ESV:** “Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.”
- **NIV:** “Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.”

## 4. Proverbs 17:22

- **ESV:** “A joyful heart is good medicine, but a crushed spirit dries up the bones.”
- **NIV:** “A cheerful heart is good medicine, but a crushed spirit dries up the bones.”

---

### Discussion Questions (15-20 minutes):

1. How does understanding that our bodies are temples of the Holy Spirit change our perspective on health and fitness?
2. What are some practical ways we can honor God with our bodies in our daily routines, such as diet, exercise, and rest?
3. How do you balance physical health with spiritual health? How can they complement each other in our walk with God?

---

### Life Application (10 minutes):

Maintaining good health is a daily commitment that includes making wise choices about what we eat, how we move, and how we rest. This week, set a specific health goal that will help you honor God with your body. It might be committing to regular exercise, choosing healthier foods, drinking more water, or getting sufficient sleep. Pray for God's strength to maintain these habits and find an accountability partner in the group to encourage you along the way.

---

### Reflection and Encouragement (5-10 minutes):

Reflect on how you currently care for your body and areas where you may need to make changes to honor God better. Remember, our health is not just about us; it is about being ready and available to serve God and others. Be encouraged that God provides the wisdom and strength to make healthy choices, and He desires that we prosper in health as our souls prosper. Let's strive to honor Him with every aspect of our lives, including our bodies.

---

### Closing Verse:

- **ESV:** “I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.” — Romans 12:1
- **NIV:** “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 your true and proper worship.” — Romans 12:1

# Walk With Scripture - Scripture Lesson

---

## Closing Prayer (5 minutes):

Lord, thank You for the gift of our bodies and the ability to care for them. Help us to see our health as a way to honor You and to make choices that reflect Your love and care for us. Guide us to live balanced lives, focusing on both our physical and spiritual well-being. Give us wisdom in our decisions, perseverance in our habits, and joy in the journey of keeping healthy. May our lives, in every aspect, bring glory to Your name. In Jesus' name, we pray. Amen.

---

## Takeaway Challenge:

This week, choose one area of your physical health that needs improvement and commit to making a positive change. Whether it's eating healthier, exercising regularly, or getting more rest, focus on doing it as an act of worship to God. Share your progress with a friend or group member, and encourage each other to stay committed.

---

## Online Bible Resources:

- Logos ([www.Logos.com](http://www.Logos.com))
- Bible by Olive Tree ([www.OliveTree.com](http://www.OliveTree.com))
- BibleGateway ([www.BibleGateway.com](http://www.BibleGateway.com))