

Body Kindness

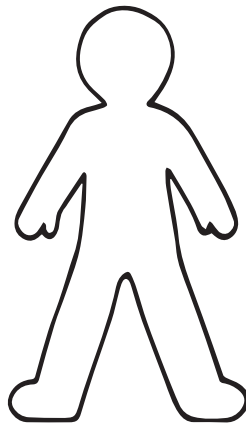
“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.”

1 CORINTHIANS 6:19-20 (NIV)

Many people resent their bodies, or certain parts. I'm not saying you have to love every little thing about your body. What I am saying is that God has created your body intentionally and He adores everything about you! If you focus on the things you appreciate about your body, this can help you see yourself with the same kindness God has towards you!

Draw a line to the place in your body where you feel:

- Hunger?
- Overtired?



- Stressed?
- Anxious?
- At peace?

Where do you feel hunger? What can you do to help when you are hungry? Where do you feel overtired? What can you do to rest? Where do you feel anxiety/stress? What can you do to destress? Where do you feel peace? What can you do to help you to feel this more often?

“God paid a great price for you. So use your body to honor God.”

1 CORINTHIANS 6:20 (CEV)