

# Devotional – Physical Fitness

SFOIH



Sports & Fitness

Core I: Nutrition & Fitness

## Opening

- We learned today how to take care of our bodies, let's see what the bible says about caring for ourselves.
- *Read, or someone read the Teaching verse. FYI: The memory verse is further down*

### I Corinthians 6:19

"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."

## Devotional

### Big picture

Honor God by eating healthy food that nourishes our bodies and by exercising to stay healthy.

- Q: Did you know that your body is a sacred place, the temple (or church) of the Holy Spirit?
- God made your whole body a sanctuary for Him when you became a Christian.
- Q: Did you know your bodies are as sacred as this church?
- Q: Knowing this, so, how should we treat our bodies?
  - We should take care of our bodies like we care of this church.
- And, taking care of our bodies includes eating healthy food and exercising.
- Q: Did you know that you honor God by taking care of His temple, your body?
- We are teaching you about healthy living (nutrition & fitness) for many reasons:
  - So you can make wise choices about what to eat and about how to be physically fit.
  - So you can live a happy, healthy, long, productive life in the service of God.
  - So you can honor God by watching what you eat and what you do.
  - So you can show others how to care for themselves by setting a good example.
- Talk with your parents about what you have learned about food and fitness. They are here to help you.
- Eating and being active are good things. We should enjoy life, but don't overdo it.
- Overdoing it means eating too much unhealthy food and spending too much time doing nothing like playing too much video games or even sleeping too much.
- Yes, you can sleep too much. Everything in moderation—meaning make wise choices, limiting the bad stuff like "junk food" and sugary drinks.
- Self-discipline can be hard, saying no to things we want. But, remember God is within you. You were bought with a price, Jesus's blood. Jesus died so that you may live.
- You don't always have to say no to things you may want to eat or do. But, be wise about it.
- Remember, the teaching verse says, "You are not your own." This means we don't own our bodies; God does. We are stewards of our bodies. Our bodies are someone else's property; God's.

## Memory Verse #2

*Ask if anybody knows it yet and can say it? Read it together 2X Consider having a memory verse pamphlet for kids take home.*

### Proverbs 30:5

Every word of God proves true; he is a shield to those who take refuge in him.

## Topical Questions

1. Do you understand that taking care of your body means taking care of God's temple in you?
2. What is something you like to do that is also healthy for your body and honoring of God?
3. Do you think God is glorified by people who live unhealthy lives? Why or why not?
4. Do you see the direct connection between hurting yourself means hurting God? Should we hurt God?

## Closing Prayer

Dear Father God, thank You for providing good food options for us. And, for giving us plenty of time to live active, healthy lifestyles. We have no excuse, yet most Americans are very unhealthy. We make poor choices. Help these boys to make wise choices about what they eat and about staying healthy. Help us to remember our bodies belong to You and to honor You with our bodies. In Jesus' name we pray. Amen!

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We welcome suggestions for improvements to this lesson to [woodlands.worthy.life@traillife613.org](mailto:woodlands.worthy.life@traillife613.org).

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