

# Devotional – Exercise

SF02H



Sports & Fitness

Core 2: Nutrition & Fitness Year 2

## Opening

- We learned today how to take care of our bodies, now let's see what the bible says about being healthy.
- *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

Exercise to keep your body a strong temple for the Holy Spirit inside you.

- Q: What games do you like to play outdoors? (e.g. sports, cops & robbers, tag, hide & seek)
- Q: Do any of you play any indoor sports? (e.g. basketball or volleyball, etc)
- We learned today that we need to take care of our bodies by exercising and eating healthy food.
- Q: But, why should we do that? Why should you take care of our body by exercising or staying active?
- The Teaching verse tells us why. In fact, it gives us two important reasons why we need stay healthy.
- The first reason to stay healthy like exercising is because each of your bodies is like a church, a temple, for the Holy Spirit to live inside you as long as you live.
- If you are a Christian, the Holy Spirit comes and lives inside of you. To some of you that may sound kind of funny. But it's true! The Bible says so right there in the Teaching verse.
- Many people forget this or don't know this spiritual fact about the Holy Spirit, so the Apostle Paul is reminding us in the Teaching verse when he says, "Don't you know that your bodies are temples?"
- So, we honor God by taking care of ourselves, His temple, for His Holy Spirit. God doesn't like a shabby, broken down temple for Himself. He wants a strong, amazing temple for Himself. Us!
- The second reason the Teaching verse tells us to exercise and stay healthy is because your body is not your own, it belongs to someone else, God!
- That's another incredible truth many Christians forget. Jesus Christ bought you for a price. He paid for you by His death on the cross to save you from your sins so you can live with Him in heaven forever.
- God created you, and Jesus bought you. So, you are not your own. Your body does not belong to you anymore once you become a Christian.
- How should you take care of something that is not yours? Very carefully and very well, right?
- That's the point the Teaching verse is trying to make. You need to keep your body in tip-top shape because it's not yours and someone else lives in it with you. Remember this and stay active!

## 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. I Cor 6:19 says we should honor God with our bodies. Today, how did you learn to honor God with your body?
2. How does the memory verse remind us that Christ Jesus paid for us with His death?
3. What is your favorite way to keep your body strong?

## Closing Prayer

Dear Father God, thank You for making our bodies healthy and strong. Help us to remember that Your Holy Spirit is within each of us, that our bodies are temples for You, and that You paid a price we can never repay by Your death on the cross, thereby saving us from our sins. So, help remind us to take care of our bodies to worship You with our bodies. In Jesus's 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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