



Being Good Stewards of Ourselves

STEWARDING YOUR HEALTH AND USING YOUR TALENTS TO GLORIFY
GOD

Physical Health



Luke 12:7

Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows.

Matthew 28:18-20

¹⁸ Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. ¹⁹ Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

1 Corinthians 6:19

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

Proverbs 23:20-21

²⁰ Do not join those who drink too much wine
or gorge themselves on meat,
²¹ for drunkards and gluttons become poor,
and drowsiness clothes them in rags.

Proverbs 23:1-2

23 When you sit down to eat with a ruler,
Consider carefully what *is* before you;
And put a knife to your throat
If you *are* a man given to appetite

Proverbs 28:7

⁷ A discerning son heeds instruction,
but a companion of gluttons disgraces his father

2 Corinthians 12:9

⁹ But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.



1 Corinthians 10:31

³¹ So whether you eat or drink or
whatever you do, do it all for the
glory of God

Genesis 1:29

29 Then God said, “Behold, I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.



Romans 14:23

²³ But whoever has doubts is condemned if they eat, because their eating is not from faith; and everything that does not come from faith is sin

1 Timothy 6:7-8

⁷ For we brought nothing into *this* world, [\[a\]](#) and it is certain we can carry nothing out. ⁸ And having food and clothing, with these we shall be content.

Proverbs 31:26-29

²⁶ She speaks with wisdom,
and faithful instruction is on her tongue.

²⁷ She watches over the affairs of her household
and does not eat the bread of idleness.

²⁸ Her children arise and call her blessed;
her husband also, and he praises her:

²⁹ “Many women do noble things,
but you surpass them all.”

Proverbs 31:15-18

- 15 She gets up while it is still night;
she provides food for her family
and portions for her female servants.

- 16 She considers a field and buys it;
out of her earnings she plants a vineyard.

- 17 She sets about her work vigorously;
her arms are strong for her tasks.

- 18 She sees that her trading is profitable,
and her lamp does not go out at night

Colossians 3:23

²³ Whatever you do, work at it with all your heart, as working for the Lord, not for human masters

Mental & Spiritual Health

Philippians 4:6-7

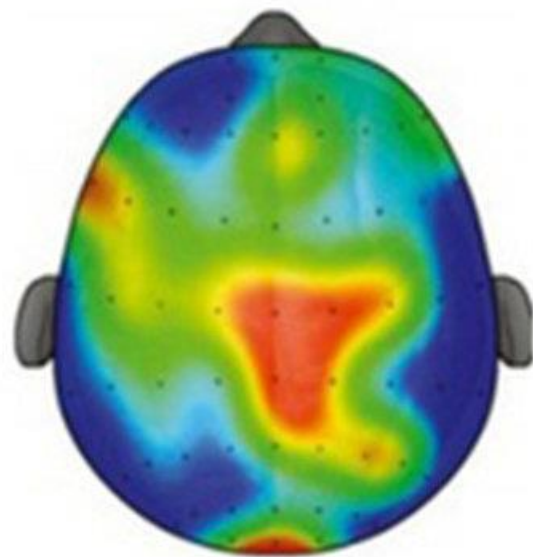
⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus

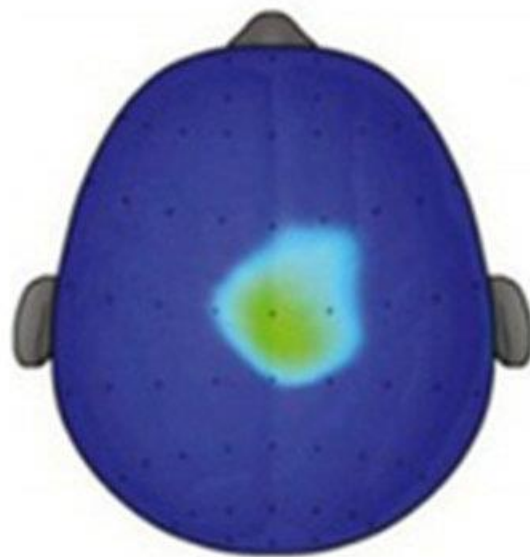


1 Peter 5:7

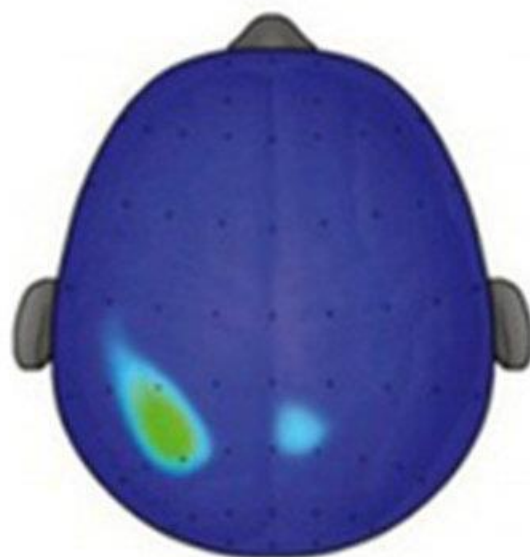
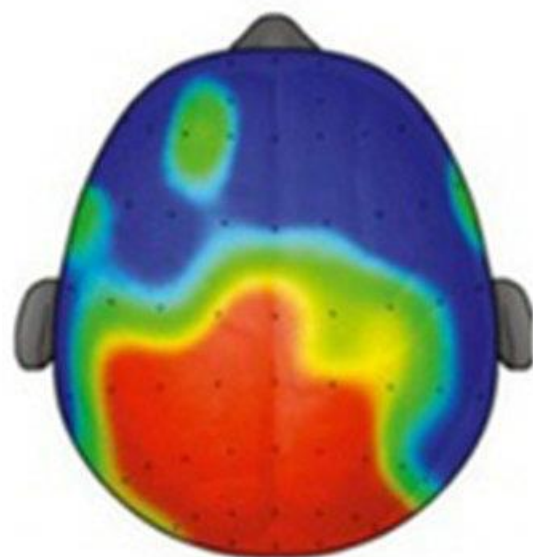
⁷ Cast all your anxiety on him
because he cares for you.



Exercise



No Exercise



1 Corinthians 15:33

33 Do not be misled: “Bad company corrupts good character.”

Philippians 4:8

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things

Psalm 46:10

¹⁰ He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

Galatians 5:16-24

¹⁶ So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever^[a] you want. ¹⁸ But if you are led by the Spirit, you are not under the law.

¹⁹ The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires.

1 Thessalonians 5:16-18

¹⁶ Rejoice always, ¹⁷ pray continually, ¹⁸ give thanks in all circumstances; for this is God's will for you in Christ Jesus.

Talents

1 Peter 4:10-11

¹⁰ Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. ¹¹ If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen.

Romans 12:1

12 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.

⁶ We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your^[a] faith; ⁷ if it is serving, then serve; if it is teaching, then teach; ⁸ if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead,^[b] do it diligently; if it is to show mercy, do it cheerfully

Matthew 28:19-20

¹⁹ Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,
²⁰ and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

