

GOD'S PLAN FOR YOUR WELLBEING

WEEK 3 - SUNDAY 20TH JUNE 2021

Physical Wellbeing

1. We are spiritual beings, given **PHYSICAL** bodies in order that we should serve God until the day we die.

1 Corinthians 6:19-20 (ESV)

“or 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.”

2. It does not mean always being tired, or not having the time to properly look after yourself and it doesn't mean working yourself to the point of burnout.

Jesus is our ultimate example of all things, including REST.

Mark 6:31 (ESV)

“And he said to them, “Come away by yourselves to a desolate place and rest a while.” For many were coming and going, and they had no leisure even to eat.”

Matthew 11 v 28 (ESV)

“Come to me, all who labour and are heavy laden, and I will give you rest.”

3. To serve God more effectively, we can honour God by looking after our **PHYSICAL** bodies.

1 Corinthians 6:19-20 (ESV)

“or 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.”

My Notes.

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