

I am called to LIVE a life WORTHY of the calling I have received. Eph. 4:1

I am fearfully and wonderfully made. Ps. 139:14

God specifically chose THIS body for the mission He has for ME. It is my INSTRUMENT, my TOOL for service.

GOD SAID TO “HONOR ME WITH YOUR BODIES”- THEREFORE I AM A GUARDIAN OF MY HEALTH. (1 COR. 6:20)

I am called to present my body as a LIVING, HOLY SACRIFICE acceptable to God. (Romans 12:1)

My Body is HIS temple and I am the CARETAKER. Am I stewarding it well? (1 Cor. 6:19)

I am called to be Holy in both BODY and Spirit. (1 Cor. 7:34)

A healthy lifestyle isn't about the mirror- it's about the One we are trying to mirror. -Jimmy Pena

The physical part of me is not some piece of property belonging to the spiritual part of me. God owns ALL of it- the whole works! May people see God IN and THROUGH my body. - 1 Cor. 6:19-20 MSG

I HAVE BEEN BOUGHT WITH A PRICE. 1 COR. 6:20

One day I will give an account for how I have stewarded EVERYTHING I have been given- my time, my talents, my money, my health. Am I stewarding it WELL?

I choose to be an ‘instrument for a special purpose’. One that has been ‘made Holy’ and is ‘useful to the Master, prepared to do ANY good work’. (2 Tim. 2:21)

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