

**Stewarding your body well isn't about becoming a certain size.** It's *not about obsessing over portion sizes and calories.*

**It's about taking the best care of yourself possible.**

If **God wanted** us all to be the same size and shape - **He'd have made us that way.**

Guess what - **God wants you to be the size and shape He created you to be.**

When you **steward your body well** and **care for it** in a **way** that **glorifies God** - that's **all that matters.**

#### **Ask Yourself:**

- Am I stewarding my body in a way that reflects a life lived to bring God glory and honor? A life lived to serve God and reflect Him to those around me?

*"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."* Romans 12:1-2

*"As each has received a gift, use it to serve one another, as good stewards of God's varied grace..."* 1 Peter 4:10

*"For it will be like a man going on a journey, who called his servants and entrusted to them his property. To one he gave five talents, to another two, to another one, to each according to his ability. Then he went away..."* Matthew 25:14-30

*"...all you need to remember is that God will never let you down; He'll never let you be pushed past your limit; He'll always be there to help you come through it."* 1 Corinthians 10:13

- What things do you need the Holy Spirit's help with? Ask Him, you'll be wowed by the results.
- Ask the Holy Spirit to show any areas where you aren't stewarding things well. What did He say?
- Ask Him to help you make any changes. What are these changes?
- Ask Him for whatever it is you need help with. What else do you need His help with?