



HEALTHY BODY

We live in an age in which physical appearance is highly valued. Our culture puts a lot of products in front of us to help us “get fit quick” or “lose weight now.”

Conversations about our physical, emotional, mental or spiritual health can make us anxious. Many of us think about our health and obsess over it in one way or another. It might even cause some to feel shame. The truth is, none of us are perfect. We are all in process by the grace of God (praise God for that!).

But, God does care about us. Everything about us. Our fears about our health. Our struggles with health. He cares about it all.

Psalm 139:13

“You made all the delicate, inner parts of my body and knit me together in my mother’s womb.”

Psalm 119:73

“You made me; you created me. Now give me the sense to follow your commands.”

You may feel a long way off from being healthy physically, emotionally, mentally or spiritually. But God knows you. He knows right where you are. And He cares.

1 Peter 5:7

“Give all your worries and cares to God, for he cares about you.”

He will journey with you in all things, as you try to: eat healthier, try counseling for the first time, go to the gym the first time this year, open your Bible for the first time this month..or fall away from your goals for the year.

God cares about us. Everything about us. Our heart. Our mind. Our body. Our soul.

Mark 12:29-31

Jesus replied, “The most important commandment is this: ‘Listen, O Israel! The LORD our God is the one and only LORD. And you must love the LORD your God with all your heart, all your soul, all your mind, and all your strength.’ The second is equally important: ‘Love your neighbor as yourself.’ No other commandment is greater than these.”

How will you love Him with your all your heart, soul, mind and strength this week?

How can you take a step toward being healthy this week? Who do you need to ask to help you?

If God were to ask you the questions below, what would you say?

- What did you do with the health I gave you?
- What did you do with the mind I gave you?
- What did you do with the opportunities, abilities, freedom, wealth and body that I gave you?

REFLECTION & RESPONSE | *Reflect on this week's devotional.*

- What did this teach me about God?
- What did it show me about myself?
- What is at least one way that I can respond and apply this teaching to my life?
- How will I pray about this during the week?

NEXT STEPS | *some suggested personal steps for this week*

You were created for community. You were made to journey through life with others. On February 21, we will host an event called Group Connect. It is a great place to connect with others who are on a similar journey as you by joining a small group.

For more details, visit connectionpointe.org/smallgroups

Connection Pointe has a Sports and Fitness Ministry with a fitness center, open gym hours, group fitness classes, walking/running track and a variety of sports leagues.

For more details, visit connectionpointe.org/sports-fitness