

Body Stewardship

Goal: This core plan is designed to make you wrestle with the fact that God cares about our bodies. Once we can accept that, the question becomes: how then should we live?

Intro

- What value do you think God places on our physical health or how we treat our bodies?

Read

Read these passages together all at once and then reflect on them as a whole.

1 Corinthians 10:31

Psalms 139:13-18

1 Corinthians 6:19-20

Romans 12:1-2

Read

Read "[Flesh-and-Blood Spirituality](#)"

(Also found on our Corefa articles page)

Things to remember:

- **Feel free to cut or add questions you feel are more important for your group.**
- **Healthy body stewardship will mean doing less for some and more for others, there is no one size fits all goal.**

Discuss

Start by asking your core to share their reflections on the article.

- Where does body stewardship fall in your list of priorities?
- Go around the circle and share an area of your life you are a good body steward, and one area that needs growth. *Read this list of examples to give them a framework of what stewardship is: exercise, sleep, rest, diet, healthy sexuality, self-image, emotional regulation.*
- What drives your weekly schedule? Whether your issue is overwork or underperforming.

Break up (optional if you have time)

- Give everyone an index card and have them write down 2 or 3 personal goals for body stewardship. (This is their opportunity to change their weekly schedule to best honor God)

Circle back

- Rejoin the group and share your goals as a core.

Go

- Kickstart change in your life. This week radically begin pursuing your goals and come prepared to share how they went next week.