

# MAN TO MAN

## Week 2: Be Physically Healthy

### Thought

The Bible says that our bodies are “the temple of the Holy Spirit” and that we should offer them as a “living sacrifice.” While we are called to honor God with our bodies, we often get distracted by the busyness of life and forget to prioritize taking care of ourselves. A poor diet, insufficient exercise, lack of sleep, stress, alcohol, and tobacco can all deplete our energy levels and deteriorate our physical health. In order to live meaningful lives serving God, we must do our best to maintain the bodies He has given us.

### Scripture

*Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.*  
1 Corinthians 6:19-20 NLT

*I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.*  
1 Corinthians 9:27 NLT

*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

### Discussion Questions

- Using a scale of 1 to 10, with 1 being the lowest, how would you rate your physical health? Explain your answer.
- Do you have a weekly exercise routine? What can you do to establish or improve it?
- What does your current diet look like? What modifications do you need to make to fuel your body well (e.g. including healthy meats, vegetables, fruit, water)?
- Annual doctor and dentist visits are a must. What other ways can you improve your physical health?

### Action Step

What is one adjustment you can make that will have the biggest positive impact on your health? Incorporate a new form of exercise into your weekly routine, and make one healthy change in your diet. Intentionally set aside time this week to make a plan for healthy living.