

# Habit #6: Care for Your Body

# Big Idea

- **Big Idea:** Care for your body for God's glory and so that you can love and serve others.
- **This Week's Challenge:** Take one action to care for your body each day this week.

# Key Ideas

- God made us as embodied creatures.
- Our bodies are not temporary.
- God the Son became human.
- Both our souls and our bodies matter.
- We can care for our bodies in a lot of ways, including food and movement.

# This Week's Action

- Pick an action.
- Keep it simple.
- Look out for shame.
- Enjoy God's gift of physicality.