# Wise Stewardship: Honoring God with Your Body



Discover how to steward your body wisely by embracing God's guidance on health, rest, and daily habits to honor Him in every physical choice.





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### Introduction

Welcome to this 7-day journey on Wise Stewardship of Your Body! Our physical bodies are not merely vessels for daily life—they are sacred gifts from God entrusted to us for stewardship. The Bible teaches that our bodies are temples of the Holy Spirit and we are called to honor God in everything we do, including how we treat our health, rest, and physical habits.

Why focus on wise stewardship of the body? Because how we care for ourselves reflects our relationship with God and affects our ability to serve Him and others effectively. Wisdom isn't just about knowledge; it's the application of God's truth in everyday choices. It includes nourishing ourselves with healthy food, ensuring adequate rest, managing stress, and adopting physical disciplines that strengthen rather than harm our bodies.

This study will explore scriptural insights to help you develop an understanding of what it means to respect and honor God through physical self-care. We'll delve into verses that encourage discipline, rest, and mindfulness of our body's needs, helping you grow in a balanced, Godcentered lifestyle that reflects His wisdom. Each day includes devotional reflections, thought-provoking questions, and prayer to encourage you in practical, faith-filled stewardship. May this time deepen your appreciation for your body as God's gift and inspire habits that glorify Him daily. Let's embrace the wisdom that leads to thriving in mind, body, and spirit!

















Day 1: O The Foundation of Wisdom

#### Your Verse

Proverbs 3:5-6 NIV - "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

### **Supporting Scriptures**

- James 1:5 NIV "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."
- Psalm 111:10 NIV "The fear of the Lord is the beginning of wisdom; all who follow his precepts have good understanding."







Day 1: O The Foundation of Wisdom

### Devotional: Trusting God as the Source of Wisdom

Wisdom begins with a heart that trusts in God. When we talk about wise stewardship of the body, it starts with submitting our understanding to the One who created us. Our natural instincts about health and rest can be shaped and refined by God's perfect wisdom, which leads us to choices that honor Him and promote lasting well-being. The opening verses of Proverbs remind us that walking with God is the cornerstone of all wise decisions.

God invites us to seek His wisdom actively, especially when it comes to caring for our bodies. When we rely solely on cultural trends or personal feelings, we may be tempted into harmful habits or neglect the balance God desires. But by trusting Him, we align ourselves with His design for physical, emotional, and spiritual flourishing.

This assembly of trust, submission, and reverence is what sets the stage for wise stewardship. The body is a temple of the Holy Spirit (1 Corinthians 6:19–20), so honoring God with it starts with trusting that He knows best. Let today be a commitment to invite God's wisdom into your daily habits and choices related to your health and rest.







Day 1: 🔘 The Foundation of Wisdom

### Reflect and Apply

1.	How have you been leaning on your own understanding when it comes to managing your body?
	What does trusting God with your physical well-being look like in practical terms?
3.	How can submitting your health habits to God change your daily routine?







Day 1: 🔘 The Foundation of Wisdom

### **Journaling Prompts**

	Write about an area of your physical health where you need God's wisdom most.
2.	Describe a time when trusting God led to better decisions in your body's care.
3.	List three habits you want to surrender to God's guidance this week.







Day 1: 🔘 The Foundation of Wisdom

### Prayer for Today

Lord, today I choose to place my trust fully in You. Teach me to lean not on my own understanding but to seek Your guidance in caring for my body. Help me submit my habits, rest, and lifestyle to Your wisdom. May Your Spirit guide me toward choices that honor You and nurture my physical well-being. Strengthen me to grow in wise stewardship. *Amen.* Amen.

















#### Your Verse

1 Corinthians 10:31 NIV – "So whether you eat or drink or whatever you do, do it all for the glory of God."

### **Supporting Scriptures**

- Genesis 1:29 NIV "Then God said, 'I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.""
- Proverbs 25:27 NIV "It is not good to eat too much honey, nor is it honorable to search out matters that are too deep."







# Devotional: Glorifying God Through Healthy Nutrition

Our bodies require nourishment, and what we consume has spiritual significance. Paul reminds us that every act, even eating and drinking, is an opportunity to glorify God. This means caring for your physical health through balanced nutrition is an act of worship.

From the beginning, God provided foods for our sustenance—whole, natural provisions designed to sustain life. Wise stewardship includes honoring this original design by making healthy food choices that nurture your body rather than harm it. Overindulgence, neglect, or harmful substances can damage the temple God has given you.

Notice the balance Proverbs suggests: even something good like honey can be too much. Wisdom calls us to moderation and mindfulness in what and how we consume. When we see eating as an act to honor God, it changes how we approach meals—making us more intentional and thankful.

Today, reflect on how your food choices either glorify God or detract from your body's wellness, and invite the Spirit's wisdom to guide you toward nourishing the temple He bought with His own blood.







### Reflect and Apply

1.]	In what ways can your eating habits reflect honoring God?
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	Are there areas where you struggle with moderation or unhealthy ndulgence?
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	How can you be more intentional to see meals as opportunities to worship God?
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### **Journaling Prompts**

List three ways you can improve your current diet to better care for your body.
Reflect on a recent meal—did it glorify God? Why or why not?
Write a prayer asking God to help you cultivate healthy eating habits.







### Prayer for Today

Father, help me to view nourishing my body as a way to glorify You. Give me wisdom to make choices that strengthen the temple You have entrusted to me. Teach me moderation and gratitude for the provision You supply. Help me avoid habits that harm my health and cultivate ones that bring honor to Your name. *Thank You for Your loving care*. Amen.

















Day 3: 😔 Embracing Rest as Worship

#### Your Verse

Psalm 127:2 NIV - "In vain you rise early and stay up late, toiling for food to eat— for he grants sleep to those he loves."

### **Supporting Scriptures**

- Exodus 20:8-10 NIV "Remember the Sabbath day by keeping it holy..."
- Matthew 11:28 NIV "Come to me, all you who are weary and burdened, and I will give you rest."







Day 3: 😔 Embracing Rest as Worship

### Devotional: Rest: God's Gift to the Body and Soul

Rest is not optional; it is a divine invitation and a vital part of wise stewardship. The psalmist acknowledges the futility of exhausting ourselves without God's rest. Our culture often glamorizes busyness and neglects sleep, but God commands rhythm — times of work and times of rest.

Honoring God with our bodies includes prioritizing sleep and sabbath rest as acts of worship. Rest replenishes the body, refreshes the mind, and renews our spirit to serve Him effectively. Jesus modeled rest by stepping away to quiet places and inviting the weary to find rest in Him.

When we embrace rest, we acknowledge God's sovereignty and our dependence on His provision, rejecting pride and self-sufficiency. Consider how you manage your daily rhythms, and whether you give yourself permission to rest as God intends.

Today, accept God's gift of rest and remember it honors Him just as much as your work.







Day 3: 😯 Embracing Rest as Worship

### Reflect and Apply

1.	How do you currently view rest—necessity, luxury, or burden?
2.	What prevents you from getting adequate rest or sabbath time?
3.	In what ways can resting be a deeper form of worship for you?







Day 3: 😯 Embracing Rest as Worship

### **Journaling Prompts**

1.	Describe your current sleep and rest habits honestly.
2.	Write about a time when rest renewed your strength and faith.
3.	Plan a practical way to incorporate more intentional rest this week.







Day 3: 😯 Embracing Rest as Worship

### **Prayer for Today**

**Lord, teach me to welcome Your rest.** Help me to balance work and rest, knowing that sleep and Sabbath refresh my whole being. Free me from the temptation to overwork or neglect my body's need for rest. May I honor You by trusting Your rhythms and receiving Your peace. *Thank You for Your loving care.* Amen.

















#### Your Verse

1 Corinthians 9:27 NIV - "But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified."

### **Supporting Scriptures**

- Hebrews 12:11 NIV "No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it."
- Proverbs 12:1 NIV "Whoever loves discipline loves knowledge, but whoever hates correction is stupid."







### Devotional: Embracing Discipline for Godly Health

Discipline is an essential component of wise stewardship. Paul's metaphor of training and discipline reminds us that caring for our bodies requires intentional effort and self-control. Physical discipline enables us to live long, healthy lives to serve God's purposes.

This discipline is often uncomfortable at first: establishing an exercise routine, choosing healthier foods, setting boundaries on rest and activity. Yet through consistent effort guided by God's strength, these disciplines bear fruit in righteousness and inner peace.

Discipline is not legalism but a loving training in freedom—training ourselves to say 'no' to harmful patterns and 'yes' to godly habits that honor our temple bodies. It's also a form of respect for the gift God has entrusted to us and a way to avoid disqualification in the race of faith.

Examine the areas of discipline needed in your physical habits and ask God to empower you to persevere for His glory and your well-being.







### Reflect and Apply

1.	Where do you find discipline most difficult in caring for your body?
	How can viewing physical stewardship as spiritual discipline motivate you?
3.	What steps can you take today to strengthen your self-control and habits?







### **Journaling Prompts**

1.	Identify one unhealthy habit you want to take captive.
2.	Write about a time when discipline in your life produced positive growth.
3.	Make a list of small, achievable goals to build physical discipline.







### Prayer for Today

Heavenly Father, I ask for Your strength to develop discipline. Help me to train my body and control habits that do not honor You. Give me patience in the process and courage to persevere. May my efforts be rooted in love for You and the desire to honor the temple You have given me. *Empower me to run this race faithfully.* Amen.

















Day 5: A Refreshment and Renewal

#### Your Verse

Isaiah 40:31 NIV - "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

### **Supporting Scriptures**

- John 4:14 NIV "But whoever drinks the water I give them will never thirst."
- Psalm 23:2–3 NIV "He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul."







Day 5: A Refreshment and Renewal

### Devotional: God's Renewal for Body and Soul

Physical rest and health lead to spiritual and emotional renewal. Isaiah beautifully describes how hope in the Lord results in renewed strength that sustains us through life's demands. Our bodies are refreshed as we rely on God's power rather than our own limited reserves.

Jesus offers living water that quenches deeper thirst, but this invitation also touches every aspect of our well-being. The Psalmist paints a picture of restoration by quiet waters—symbolizing peace, calm, and refreshment that God provides to restore weary bodies and souls.

Wise stewardship includes recognizing when we need refreshment and turning to God for renewal. It also means respecting rest, hydration, and self-care that support our physical vitality. When these align with spiritual dependence on God, we experience holistic renewal.

Today, reflect on the ways God provides refreshment and ask Him to renew your strength for the path ahead.







Day 5: 👌 Refreshment and Renewal

### Reflect and Apply

	How do you experience God's strength renewing you physically and spiritually?
	What refreshment practices help you reconnect with God and restore your body?
3.	Are there signs of weariness in your life that need God's renewal today?







Day 5: 👌 Refreshment and Renewal

### **Journaling Prompts**

	Describe a time when God refreshed your body and spirit during hard moments.
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	List practical ways you can incorporate more refreshment and renewal nabits.
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3.	Write a prayer asking God to restore your strength and vitality.
-	







Day 5: A Refreshment and Renewal

### Prayer for Today

**Lord, I place my hope in You and trust in Your renewing power.** Refresh my weary body and soul. Help me to recognize the gift of rest and renewal You provide and to embrace it fully. Strengthen me to soar above weariness and to walk steadily in Your grace. *Thank You for being my source of true vitality.* Amen.  $\lozenge$ 















#### Your Verse

1 Corinthians 6:19–20 NIV – "Do you not know that your bodies are temples of the Holy Spirit... therefore honor God with your bodies?"

### **Supporting Scriptures**

- Galatians 5:22–23 NIV "But the fruit of the Spirit is love, joy, peace... self-control..."
- Proverbs 4:23 NIV "Above all else, guard your heart, for everything you do flows from it."







### Devotional: Protecting Your Body as God's Temple

Our bodies are sacred temples, and guarding them includes resisting temptations that harm health and spirit. Paul's exhortation encourages us to honor God in all physical aspects, recognizing the Spirit's presence within us. Temptations like overindulgence, neglect, substance abuse, or harmful behaviors defile this temple and hinder our walk with God.

The fruit of the Spirit includes self-control, a powerful tool in wise stewardship. Guarding our hearts and bodies means being vigilant about influences around us and nurturing habits that promote holiness and health.

It also involves recognizing areas where temptation is strong and calling on God's strength to overcome. Wise stewardship is thus both proactive and reactive: adopting God-honoring practices and resisting what defiles.

Today, evaluate temptations or harmful habits you need to guard against and invite the Holy Spirit's power to keep you strong.







### Reflect and Apply

1.	What temptations or habits threaten your wise stewardship of your body?
2.	How is self-control a fruit of the Spirit you can cultivate?
	What practical steps can you take to guard your body and heart more closely?







### **Journaling Prompts**

1.	Write honestly about areas where temptation weakens your health habits.
2.	List spiritual disciplines that can help you build stronger self-control.
3.	Pray specifically for strength to resist one temptation this week.







### **Prayer for Today**

Holy Spirit, empower me to guard this temple You reside in. Help me to recognize temptations and resist them with Your strength. Cultivate self-control and discipline within me that honors God in my body, mind, and soul. May my life reflect the holiness You desire. *Thank You for Your faithful presence*. Amen.









# Day 7: 🗱 Living Wisdom Daily









Day 7: 🎇 Living Wisdom Daily

#### Your Verse

James 3:17 NIV - "But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere."

### **Supporting Scriptures**

- Colossians 3:23 NIV "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."
- Ecclesiastes 7:12 NIV "Wisdom preserves those who have it."







Day 7: 🎇 Living Wisdom Daily

# Devotional: Committing to Daily Wisdom in Stewardship

Wise stewardship of your body is a lifestyle rooted in heavenly wisdom.

James describes the characteristics of divine wisdom—purity, peace, mercy, and sincerity. Applying this wisdom in daily choices ensures that your physical care honors God and benefits your whole life.

Whether it is the discipline of movement, nourishment, rest, or guarding against temptation, each choice reflects God's wisdom working through you. Colossians encourages us to do everything heartily for the Lord, transforming mundane self-care into sacred acts of worship.

Wisdom preserves and sustains us, helping us endure challenges with grace and strength. As you conclude this study, consider committing to live out these principles daily. Let your stewardship be consistent, empowered by God's Spirit and His good, perfect wisdom.

May you walk forward embracing each day as an opportunity to glorify God through wise stewardship of your body.







Day 7: 🞇 Living Wisdom Daily

### Reflect and Apply

	How can you incorporate biblical wisdom into all areas of your physical care?
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2.	What daily habits can you turn into worshipful acts honoring God?
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	How does understanding wisdom as God's gift change your approach to nealth?
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Day 7: 🞇 Living Wisdom Daily

### **Journaling Prompts**

1.	Create a simple daily plan to steward your body wisely this week.
2.	Reflect on how God's wisdom has grown in your life during this study.
	Write a commitment statement to live out wise stewardship going forward.







Day 7: 🎇 Living Wisdom Daily

### Prayer for Today

Gracious God, I commit myself to living wisely each day. Fill me with heavenly wisdom that guides my body care, rest, and choices. Help me to do everything as unto You, transforming my stewardship into worship. Preserve me in Your peace and empower me with Your Spirit to honor You fully. *Thank You for Your enduring love and guidance.* Amen. 🎇 🛴 🗀







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