Taking Care of God's House



A Family Temple Training Circuit

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own."
1 Corinthians 6:19

Your body is an extraordinary gift from God! From your beating heart to your wiggling toes, He has designed it with wonderful care. And for those who belong to Jesus, our bodies are dwelling places of the Holy Spirit. What a remarkable thought!
Today, you'll explore four ways to care for this amazing gift. Set up the stations below, spend about five minutes at each, and get ready for a little movement, discovery, and family fun!

Station 1: Build It Strong

Time to get moving! Challenge one another to see how many of these exercises you can complete in one minute each. Adjust the movements to suit everyone's abilities.

- ☐ Jumping jacks
- ☐ Squats
- ☐ Sit-ups
- ☐ Push-ups
- ☐ Your choice: _____

THINK ABOUT IT – God designed our bodies to move! Exercise helps strengthen our muscles, bones, hearts, and lungs, keeping us ready for the adventures of everyday life.
TALK ABOUT IT – What are your favorite ways to be active? How do you feel after moving your body?

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Station 2: Fuel the Temple

Take a little treasure hunt through your kitchen! Gather several foods from your refrigerator or pantry. Discover which nutrients they provide and how those nutrients help your body grow, think, move, and thrive.

THINK ABOUT IT – Just as a car needs fuel to run, our bodies need food and water to function. God has provided an incredible variety of foods to nourish and sustain us. Eating a balance of different foods and drinking water help us care for His wonderful creation.
TALK ABOUT IT – What are some foods that help nourish your body? Is there a new fruit, vegetable, or other nourishing food you'd like to try?

Station 3: Rest & Recharge

Even the busiest bodies need time to rest! Slow down and work through these gentle movements.

- ☐ Stretch your arms toward the ceiling.
- ☐ Reach gently toward your toes.
- ☐ Roll your shoulders forward and backward.
- ☐ Take five slow, deep breaths.
- ☐ Sit or lie quietly for one minute.

THINK ABOUT IT – God created a rhythm of work and rest. Sleep gives our bodies time to recover, grow, and restore their energy. Even Jesus took time to rest!
TALK ABOUT IT – How do you feel when you haven't had enough rest? What helps you settle down for a good night's sleep?

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Station 4: Guard the Temple

What we let into our minds matters too! Designate one side of the room **GOOD FOR ME** and the other **NOT GOOD FOR ME**. Have someone read each example aloud and move to the side you think fits best.

- Watching something frightening or inappropriate
- Listening to encouraging music
- Looking at things you know you shouldn't see
- Reading a good book
- Listening to cruel or hurtful words
- Reading the Bible
- Spending too much time staring at a screen
- Talking and laughing with people you love

Can you think of a few examples of your own?

THINK ABOUT IT – Just as we nourish our bodies with food, we nourish our minds with the things we watch, read, and hear. Some things help good thoughts grow, while others can fill our hearts with fear, anger, or unkindness. God invites us to fill our minds with what is true, noble, right, pure, lovely, and admirable (Philippians 4:8).
TALK ABOUT IT – What are some things you can fill your mind with that are pleasing to God? Is there anything you might need to guard against?

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From the top of your head to the tips of your toes, you are wonderfully made! Caring for your body isn't about being perfect, looking a certain way, or doing everything right. It's about receiving God's gift with gratitude and honoring Him in the way you care for yourself.

YOUR CHALLENGE – This week, put what you've learned into practice! Look for opportunities each day to care for the wonderful body God has given you. Use this checklist as a reminder of the little things that can make a big difference.

- ☐ Drink plenty of water
- ☐ Get enough sleep
- ☐ Eat a variety of nourishing foods
- ☐ Find fun ways to be active
- ☐ Take care of your teeth and personal hygiene
- ☐ Be thoughtful about what you watch, read, and listen to

At the end of the week, talk together about what you learned. Which habits came naturally? Which ones took a little more effort? How can your family continue making these healthy choices part of everyday life?

"Whatever you do, do it all for the glory of God."
1 Corinthians 10:31