



BIBLE STUDY SERIES

A *Journey*
TO
BETTER
HEALTH
THROUGH

Biblical Stewardship

JOURNAL



SO WHETHER YOU EAT OR DRINK
OR WHATEVER YOU DO,
DO IT ALL FOR THE GLORY OF GOD.

1 CORINTHIANS 10:31



GROW IN FAITH
THROUGH GOD'S WORD



STEWARD YOUR BODY
FOR GOD'S GLORY



LIVE ON PURPOSE
WITH JOY & STRENGTH

My Health. My Stewardship. MY WORSHIP.



This Journal Belongs To

THE WHY

Caring for your health is not about appearance or perfection. It is an act of worship and biblical stewardship. God has entrusted you with your body, and healthier choices can help you serve Him, love others, and fulfill your purpose with greater strength, energy, and faithfulness.

During this six-week journey, I will:

- ☐ honestly record my current health habits
- ☐ identify one or two realistic health goals
- ☐ commit to practicing healthier choices for six weeks
- ☐ invite God into my decisions, progress, and challenges

FOUNDATION SCRIPTURE

"Do you not know that your bodies are temples of the Holy Spirit... Therefore glorify God with your bodies."

1 Corinthians 6:19-20



BIBLE STUDY SERIES

A Journey To Better Health Through Biblical Stewardship

Week 1: Honoring God Through Your Body

Series Theme Scripture

"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; you were bought at a price. Therefore, glorify God with your bodies."

1 Corinthians 6:19-20

Theme Verse

"So whether you eat or drink or whatever you do, do it all for the glory of God."

1 Corinthians 10:31

22 But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control. There is no law against these things! Galatians 5:22-23 NLT

Lesson Objective

You will understand that improving your health is not about appearance or perfection. It is about honoring God, faithfully stewarding the body He has given you, and becoming better equipped to fulfill His purpose.

Introduction

Biblical stewardship is the God-given responsibility to manage everything He has entrusted to us in a way that honors Him, blesses others, and advances His kingdom. It is not ownership; it is partnership. God owns everything; we manage what belongs to Him.

"Biblical stewardship is faithfully managing God's resources in a way that glorifies (honors God) and advances His kingdom."



1. The Foundation: God Owns Everything

Biblical stewardship begins with one truth: **God is the Owner.** *Psalm 24:1 — “The earth is the Lord’s, and everything in it.”* We are managers, caretakers, trustees—not owners.

This shifts stewardship from money management to **life management.**

2. Our Assignment: We Manage What God Entrusts

Stewardship covers every area of life:

- **Abilities** — our gifts and skills
- **Time** — how we use the hours God gives
- **Treasure** — financial resources and possessions
- **Temple** — our bodies and health
- **Truth** — the gospel and spiritual wisdom
- **Testimony** — our influence and witness
- **Creation** — the world God made

3. Our Attitude: Faithfulness, Not Ownership “We are accountable to God.”

Stewardship is measured by **faithfulness**, not accumulation. *1 Corinthians 4:2 - “Moreover, it is [essentially] required of stewards that a man should be found faithful [proving himself worthy of trust].”*

Faithfulness means:

- Using what God gave for God’s purposes
- Making decisions that reflect His values
- Being accountable for how we handle His resources

“We are rewarded or judged based on our faithfulness — *Matthew 25:14–30.*”



4. Our Assignment: Multiply What God Gives

Biblical stewardship is not just protecting resources; it's **multiplying** them. Jesus' parable of the talents teaches that God expects increase, growth, and fruitfulness. **Matthew 25:14–15, 24-26.**

Questions we must ask and answer as stewards to God:

- Did I grow what God gave me?
- Did I invest it wisely?
- Did I use it to bless others?

"God measures stewardship by faithfulness, not by comparison with others. **Luke 16:10 NLT**. Whether God entrusts us with little or much, the call is the same: be faithful."

5. Our Aim: Glorify God and Advance His Kingdom

Stewardship is worship. It is how we show God He can trust us with more. It is how we participate in His mission on earth. **Matthew 6:33**

Biblical stewardship is faithfully managing God's resources God's way for God's glory and kingdom advancement. - **Luke 19:10, Matthew 28:19-20, Acts 1:8**

"This series is designed to focus on the stewardship of our bodies how we faithfully manage our bodies that belong to God in a way that glorifies Him and advances the kingdom."

Why do people usually want to become healthier?

- Do more of what I want to do
- Look better
- Feel better
- Doctor's recommendation
- Live longer
- More energy
- Independence



Those are all good reasons.

But altogether as believers, our greatest motivation is to improve our health to bring Glory to God.

The Christian View

Improving your health is an act of worship and faithful stewardship. - Romans 12:1-2 NLT

God has entrusted us with one body. Caring for it is one way we honor Him.

What Does It Mean To Glorify God With Your Body? 1 Corinthians 6:19-20 NLT

To glorify God means to honor Him through the way we live. Make choices that protect your body rather than damage it. – Ephesians 5:15-17 NLT

- Avoid habits that harm your physical health
- Seek medical care when needed
- Eat, sleep, and exercise in ways that respect God's Gift
- Our goal is faithfulness, not perfection.

Why Should We Improve Our Health?

- It is commanded by God — Romans 12:1-2
- It glorifies God — 1 Corinthians 10:31-NLT
- It is good stewardship
- Prevents disease
- Increases the quality of life
- Helps us feel better
- Helps us serve others better
- Gives us more energy
- Improves mental health
- Helps us maintain independence
- Saves money
- Helps us be available for loved ones
- Increases productivity
- Helps us enjoy life more
- Promotes a better attitude



Improving Health and Disease Prevention

While illness is not always preventable, and faithful people still become sick, many chronic diseases are influenced by daily lifestyle habits.

God has entrusted each believer with one body, one life, and one opportunity to serve Him in this season. – **Ecclesiastes 12:10,13-14 Psalm 90:12**

Just as we are called to steward our finances, time, spiritual gifts, and relationships, we are also called to steward our physical health.

1 Corinthians 4:2 NLT: Faithfulness includes making choices that strengthen rather than diminish our ability to fulfill God's purpose.

Improving health is not about trying to control how long we live. Our days are ultimately in God's hands—**Psalm 139:16**. Instead, it is about being faithful with the days He has given us. **Hebrews 9:27-28**

- **Prevention Honors God's Gift of Life: Proverbs 27:12 NLT**

Many of the leading causes of illness, such as heart disease, Type 2 diabetes, hypertension, and some cancers, can often be reduced through healthy habits. While not every disease is preventable, and illness is not a sign of weak faith, God has given us wisdom and knowledge to reduce unnecessary suffering.

- **Practical Things to Do**

- Choose nutritious foods rather than consistently unhealthy ones
- Be physically active instead of sedentary
- Maintain a healthy weight
- Get adequate sleep
- Manage stress in healthy ways
- Receive recommended medical screenings and vaccinations when appropriate
- Follow prescribed treatments for chronic conditions



- **Healthy Habits and Self-Control: Galatians 5:22-23 NLT: "But the Holy Spirit helps..."**

Self-control affects every area of life. It's the work of the Holy Spirit:

- Eating
- Exercise
- Rest
- Managing stress
- Avoiding harmful substances
- Taking medicine as directed

- **Improving Health Is An Expression Of Loving Others**

Matthew 22:39

Improving our health can be an act of love because it helps us:

- Remain available for family members
- Continue serving our church
- Reduce the preventable burden on caregivers
- Be physically present for future generations
- Model healthy habits for children and grandchildren

Health is not just personal; it has a community impact.

- **Improving Health And Mental Health**

Improving your physical health has a profound impact on your mental health because the mind and body are deeply connected. Scripture teaches that we are a whole person body, mind, and spirit and caring for one area often strengthens the others. When we become better stewards of our physical health, we often experience improvements in our emotional resilience, clarity of thought, and overall well-being.



Here are several ways physical health supports mental health:

1. Exercise Improves Mood

Regular physical activity stimulates the release of endorphins, serotonin, and dopamine: brain chemicals associated with happiness, calmness, and motivation. Exercise has been shown to reduce symptoms of anxiety and depression while increasing a sense of well-being.

"A cheerful heart is good medicine, but a broken spirit saps a person's strength." — **Proverbs 17:22 (NLT)**

While this verse is not about exercise specifically, it reflects the connection between emotional and physical well-being.

2. Better Sleep Improves Emotional Stability

Physical activity, healthy eating, and consistent routines often improve sleep quality. Good sleep helps regulate emotions, improve concentration, and reduce irritability.

"In peace I will lie down and sleep, for you alone, O Lord, will keep me safe." — **Psalms 4:8 (NLT)**

God designed rest as part of healthy living.

3. Good Nutrition Supports Brain Function

The brain depends on proper nutrition. Diets rich in fruits, vegetables, whole grains, lean proteins, and healthy fats support memory, concentration, and emotional regulation. Poor nutrition can contribute to fatigue, mood swings, and difficulty thinking clearly.

Biblical Principle:

"Whether you eat or drink, or whatever you do, do it all for the glory of God." — **1 Corinthians 10:31 (NLT)**

Healthy eating can be viewed as an act of stewardship and worship.



4. Physical Health Reduces Stress

Exercise lowers stress hormones such as cortisol while helping the body relax. It also provides a healthy outlet for tension and frustration.

"Give all your worries and cares to God, for he cares about you." — **1 Peter 5:7 (NLT)**

As we entrust our worries to God, healthy habits can complement that spiritual practice by helping our bodies recover from stress.

5. Improved Physical Health Builds Confidence

When people become stronger, more energetic, or better able to accomplish daily tasks, they often experience increased confidence and hope. Feeling capable physically can positively influence emotional outlook.

"I praise you because I am fearfully and wonderfully made." — **Psalms 139:14 (NLT)**

Improving health is not about achieving perfection; it is about honoring the body God has entrusted to us.

6. Chronic Disease Prevention Reduces Emotional Burden

Managing blood pressure, diabetes, obesity, and heart disease can reduce worry, increase independence, and improve quality of life. Better physical health often means greater freedom to enjoy relationships, ministry, and service.

"Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit." — **3 John 1:2 (NLT)**

This verse expresses a biblical desire for both physical and spiritual well-being.

7. Physical Health Increases Energy for God's Purpose

A healthier body often means more energy to worship, serve, love others, and fulfill God's calling.



"Don't you realize that your body is the temple of the Holy Spirit... Therefore, honor God with your body." — 1 Corinthians 6:19–20 (NLT)

Caring for our bodies enables us to serve God and others more effectively.

A Biblical Perspective on the Mind-Body Connection

The Bible presents people as integrated beings. Spiritual health, mental health, and physical health influence one another. Improving physical health is not a cure for every mental health condition; some conditions require counseling, medical treatment, medication, or other professional care, but healthy habits can be a powerful part of overall wellness.

Think of it this way:

- A healthier body can improve mood.
- A healthier mind can improve decision-making.
- A stronger spirit can provide hope and purpose through life's challenges.

When these work together under God's guidance, they contribute to a flourishing life.

A Stewardship Principle

Improving physical health is ultimately an act of biblical stewardship. God has entrusted us with our bodies, and caring for them allows us to think more clearly, endure more faithfully, love more deeply, and serve more effectively.

"So whether you eat or drink, or whatever you do, do it all for the glory of God." — 1 Corinthians 10:31 (NLT)

The goal of better health is not merely to live longer; it is to live more faithfully, glorifying God with both our bodies and our minds.



Team Information

Together in faith, encouragement, accountability, and healthy stewardship.

Team Name

Point Person Information

Name

Phone Number

Email Address

Team Members

#	Member Name	Phone or Email
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		



Week 1: Honor God With Your Body

1 Corinthians 6:19-20

Weekly Health Stewardship Tracker

Dates: _____

	Wed	Thu	Fri	Sat	Sun	Mon	Tue
• Movement (Minutes)	_____	_____	_____	_____	_____	_____	_____
• Sleep (Hours)	_____	_____	_____	_____	_____	_____	_____
• Healthy Food Choices	☐	☐	☐	☐	☐	☐	☐
• Drank Water	☐	☐	☐	☐	☐	☐	☐
• Attended	Prayer Service / Bible Study	☐	8 am Worship Service and/or 11 am Worship Service	☐	Fulfillment Hour	☐	

Weekly Progress

Beginning Weight: _____ lbs. Ending Weight: _____ lbs. Difference _____ lbs.

Total Movement Minutes This Week: _____



My Biggest Win This Week

What God Taught Me This Week

My Commitment Before Next Wednesday



Week 2: _____

Weekly Health Stewardship Tracker

Dates: _____

	Wed	Thu	Fri	Sat	Sun	Mon	Tue
• Movement (Minutes)	_____	_____	_____	_____	_____	_____	_____
• Sleep (Hours)	_____	_____	_____	_____	_____	_____	_____
• Healthy Food Choices	☐	☐	☐	☐	☐	☐	☐
• Drank Water	☐	☐	☐	☐	☐	☐	☐
• Attended	Prayer Service / Bible Study	☐	8 am Worship Service and/or 11 am Worship Service	☐	Fulfillment Hour	☐	

Weekly Progress

Beginning Weight: _____ lbs. **Ending Weight:** _____ lbs. **Difference** _____ lbs.

Total Movement Minutes This Week: _____



My Biggest Win This Week

What God Taught Me This Week

My Commitment Before Next Wednesday



Week 3: _____

Weekly Health Stewardship Tracker

Dates: _____

	Wed	Thu	Fri	Sat	Sun	Mon	Tue
• Movement (Minutes)	_____	_____	_____	_____	_____	_____	_____
• Sleep (Hours)	_____	_____	_____	_____	_____	_____	_____
• Healthy Food Choices	☐	☐	☐	☐	☐	☐	☐
• Drank Water	☐	☐	☐	☐	☐	☐	☐
• Attended	Prayer Service / Bible Study	☐	8 am Worship Service and/or 11 am Worship Service	☐	Fulfillment Hour	☐	

Weekly Progress

Beginning Weight: _____ lbs. Ending Weight: _____ lbs. Difference _____ lbs.

Total Movement Minutes This Week: _____



My Biggest Win This Week

What God Taught Me This Week

My Commitment Before Next Wednesday



Week 4: _____

Weekly Health Stewardship Tracker

Dates: _____

	Wed	Thu	Fri	Sat	Sun	Mon	Tue
• Movement (Minutes)	_____	_____	_____	_____	_____	_____	_____
• Sleep (Hours)	_____	_____	_____	_____	_____	_____	_____
• Healthy Food Choices	☐	☐	☐	☐	☐	☐	☐
• Drank Water	☐	☐	☐	☐	☐	☐	☐
• Attended	Prayer Service / Bible Study	☐	8 am Worship Service and/or 11 am Worship Service	☐	Fulfillment Hour	☐	

Weekly Progress

Beginning Weight: _____ lbs. **Ending Weight:** _____ lbs. **Difference** _____ lbs.

Total Movement Minutes This Week: _____



My Biggest Win This Week

What God Taught Me This Week

My Commitment Before Next Wednesday



Week 5: _____

Weekly Health Stewardship Tracker

Dates: _____

	Wed	Thu	Fri	Sat	Sun	Mon	Tue
• Movement (Minutes)	_____	_____	_____	_____	_____	_____	_____
• Sleep (Hours)	_____	_____	_____	_____	_____	_____	_____
• Healthy Food Choices	☐	☐	☐	☐	☐	☐	☐
• Drank Water	☐	☐	☐	☐	☐	☐	☐
• Attended	Prayer Service / Bible Study	☐	8 am Worship Service and/or 11 am Worship Service	☐	Fulfillment Hour	☐	

Weekly Progress

Beginning Weight: _____ lbs. **Ending Weight:** _____ lbs. **Difference** _____ lbs.

Total Movement Minutes This Week: _____



My Biggest Win This Week

What God Taught Me This Week

My Commitment Before Next Wednesday



Week 6: _____

Weekly Health Stewardship Tracker

Dates: _____

	Wed	Thu	Fri	Sat	Sun	Mon	Tue
• Movement (Minutes)	_____	_____	_____	_____	_____	_____	_____
• Sleep (Hours)	_____	_____	_____	_____	_____	_____	_____
• Healthy Food Choices	☐	☐	☐	☐	☐	☐	☐
• Drank Water	☐	☐	☐	☐	☐	☐	☐
• Attended	Prayer Service / Bible Study	☐	8 am Worship Service and/or 11 am Worship Service	☐	Fulfillment Hour	☐	

Weekly Progress

Beginning Weight: _____ lbs. Ending Weight: _____ lbs. Difference _____ lbs.

Total Movement Minutes This Week: _____



My Biggest Win This Week

What God Taught Me This Week

My Commitment Before Next Wednesday



My Final Reflection and Testimony

LOOK WHAT GOD HAS DONE

Take time to recognize progress in your habits, mindset, energy, discipline, faith, and overall well-being.

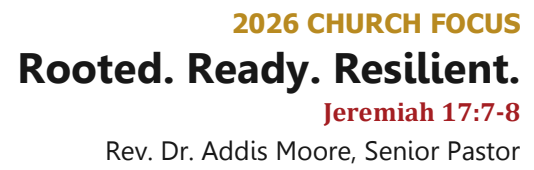
The most important change I experienced during these six weeks:

A habit I want to continue:

A lesson God taught me about stewardship:

One way better health will help me serve others:

My next 30-day commitment:



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PROGRESS, NOT *Perfection*



Every faithful choice is an opportunity
to honor God with your body.

*"Beloved, I pray that you may prosper in all things
and be in health, just as your soul prospers."*

3 John 1:2

MY DECLARATION

Whether I eat or drink, or whatever I do, I will do it all for the glory of God. I will
care for my body with gratitude, wisdom, discipline, and grace.

MT. ZION BAPTIST CHURCH



Rev. Dr. Addis Moore, Senior Pastor