



Health Journey

1 Corinthians 10:31

Better health improves many areas of our lives: mood, emotional stability, brain function, reduced tension and frustration, greater confidence, fewer unnecessary emotional burdens, and more energy for God's purposes. The Bible presents people as integrated beings. Spiritual, mental, 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 (Psalm 139:14).

With so many benefits, as we bring our collective emphasis to a close, stay on this journey. 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. The goal of better health is not merely to live longer; it is to live more faithfully, glorifying God with our bodies and our minds.

This journey was never about a number on a scale or a perfect week on your tracker. It was about one question: **Will you be faithful with what God has given you?** He entrusted you with one body, one life, and one opportunity to serve Him in this season. Every healthier choice you made over these six weeks was an act of worship. Every time you chose discipline over convenience, you were glorifying God with your body. The collective emphasis may be ending, but the stewardship is not. Keep going, not because you have to be perfect, but because you belong to Him, and faithful stewards don't stop managing what the Master has entrusted to them (1 Corinthians 6:19-20; 10:31).

Vision: A Vibrant Community Living by Faith

Mission: Empowering People to Transform Themselves and the Community

2026 Focus: Rooted. Ready. Resilient. Jeremiah 17:7-8

Reflection Questions

1. Before this journey, how would you honestly describe your attitude toward your physical health: what is something you saw as connected to your faith, or separate from it? (1 Corinthians 6:19-20)

2. Where during these six-seven weeks did you experience the Holy Spirit's help in exercising self-control, and where did you find yourself relying on willpower alone? What was the difference? (Galatians 5:22-23)

3. Stewardship is measured by faithfulness, not perfection. In what area of your health did you grow in faithfulness, even if the results were not what you hoped for? (1 Corinthians 4:2)

4. How has caring for your body over these six weeks affected your ability to serve others, be present for your family, or show up more fully in your calling?
(Matthew 22:39)

5. What are two specific, sustainable commitments you will carry forward from this journey, and who will you ask to hold you accountable for them? (1 Corinthians 10:31)
