

Honor Your Body

BIBLICAL BIG IDEA #9

They must teach my people the difference between the holy and the ordinary, and show them the difference between clean and unclean. —Ezekiel 44:23

We have already established that God made you. God made *you* special to do something *special* in the world. There is something the world needs and you may be the best person to provide that to the world. God has plans for you.

Paul tells us that our Christian calling is more than just having our spirit directed to God. For example, your heart might be called to God, but you can express your faith through your actions. We honor God through what we do with our body: how we act, what we do, and how we use it. God tells us that we are made in God's image and the Holy Spirit is within us. On earth, the tool you have to do God's plan is your body. This means your body is special too.

Don't you know that your body is a temple of the Holy Spirit who is in you? Don't you know that you have the Holy Spirit from God, and you don't belong to yourselves? You have been bought and paid for, so honor God with your body. —1 Corinthians 6:19–20

What does this mean exactly? It means everything we do with our bodies is for the glory of God. We should take care of our body because it houses the Holy Spirit. What do you want to do with your body? Do you want to get a tattoo? Do you want to get a piercing? Do you want to have sex? Would you like to try drugs? Would you like to live on junk food? I am not going to tell you what is right or wrong for you right now, but when you think of the things you want to do, ask yourself, "What would God do?" In addition, ask yourself, "What will I think about this in ten years?" Does this decision honor God? If you are not sure, there is no

harm in waiting. Make your decisions through *thinking*, not just based on what you are feeling at any given moment.

If God is within me, and I have a reason for being here, then taking care of my body and honoring it is an important job. In fact, as we are growing up, taking care of the body is probably one of the most important things we can learn. You may think that what you do to your body now does not matter in the end, but all the decisions you are making now are shaping the life you will lead. We should not abuse our bodies. We should not abuse it with drugs, alcohol, promiscuous sex, cutting, junk food, tobacco, or other crap. Have a vision of yourself that you want to be and make your decisions each day based on meeting that goal.

THINGS TO THINK ABOUT

1. "God is in me." What do I think about that statement?
2. What are three things I do that are bad for my body?
3. What are three things I do that are good for my body?
4. What questions do I have about taking care of my body?

DAY 9 Steps taken: _____ Miles journeyed: _____

Exercise chosen: _____

What I told God today: _____

Something I thought about: _____

Make Good Choices

BIBLICAL BIG IDEA #10

But if it seems wrong in your opinion to serve the LORD, then choose today whom you will serve. Choose the gods whom your ancestors served beyond the Euphrates or the gods of the Amorites in whose land you live. But my family and I will serve the LORD. —Joshua 24:15

If there is one take away from this book that I want you to understand, it is this: *You* are responsible for *your* choices. Outside of the rules that your parent(s) are trying to teach you (and even then, it ends up being your choice if you learn to abide by rules), *you* make the choices about your life. *You* are responsible for *you*. No one else is responsible for your happiness but you and the choices you make.

Every choice has a consequence. Therefore, you need to think about the results of the choices you make and make sure that God is at the center of those choices. When you engage in a fight or an argument, you are making a choice. You always have the option to walk away or turn the other cheek. When you choose to drink, do drugs, or start smoking, *you* are making that choice. No one else is forcing you to do that. When you are growing up, the road less traveled is often the more difficult road because it requires that you learn to stand up for yourself and your beliefs. If you learn now to study the Bible and make decisions based on what Jesus taught, you often make the right choice. Now, there are times where the Bible has been used to do wrong, but that does not make the Bible wrong. If you look at the decisions made throughout history, ask yourself, did this decision honor God or show love to another?

When *you* make choices, ask yourself, “Does this honor God?” “Does this choice show love for others or me?” If your answer is “no,” it is probably not the right decision.

Bad things happen in life. I cannot think of a single person I have met in my life who has not had some sort of tragedy hit them. Tragedy happens

and bad things happen in life. They may have already happened to you. You can *choose* to blame these things for everything that is bad in your life, or the choices you make, or you can *choose* to rise above these events and still make good choices.

Again, no matter what happens to you, if you choose to love God and love others, you are probably making the right choice.

THINGS TO THINK ABOUT

1. What kind of tough choices do I have to make?
2. What is the right decision if I choose to love God and love others?
3. Have bad things happened to me? How did they make me feel? Do I think those bad things forced me to make choices, or did I choose to make the right choice in spite of them?

DAY 10 Steps taken: _____ Miles journeyed: _____

Exercise chosen: _____

What I told God today: _____

Something I thought about: _____

Talk to God

BIBLICAL BIG IDEA #11

I say be guided by the Spirit and you won't carry out your selfish desires. —Galatians 5:16

When you cannot depend on anyone else, God will always be there. God *always* has an open ear even if you cannot feel, touch, or see God. We talk to God through prayer. Prayers come in many shapes, sizes, forms, and ways. Prayers do not have to be complex. Prayers can be a simple “God, I need you” or “God, thank you” or “God, help me.” God understands far more about us than we understand about God, so do not think there is anything so complex in your life that God cannot help or understand. We build our relationship and understanding of God through prayer and study. When we study God’s word (the Bible) and have a conversation with God (prayer), we begin to see and hear answers for our prayers.

There is nothing going on in your life that God cannot understand. Prayer allows us to share these thoughts, feelings, fears, anger, and frustrations in a constructive way. When we are silent after our prayers, we give ourselves the chance to hear God speak to us in our hearts. It is important to have the silent moments in prayer as well as the speaking moments so we give God a chance to answer. It is not only speaking to God that is a part of prayer, but also listening.

Prayer is a discipline. This means it is something you have to repeat every day for it to become a part of your life. Just like exercise, eating right, and learning to be kind, prayer requires that we practice it repeatedly for it to be a part of who we are and how we deal with life. Prayer lets us deal with life in a healthy manner. When I pray, I like to focus on my breathing while I say the words, or after when I am in listening mode. When you focus on your breath going in and out during prayer, it helps to slow your thoughts, heart rate, and blood pressure. Prayer provides a sense of calm in your body.

If you practice prayer as a habit, when you get frustrated you will find you are better able to tackle those things that bother you most. Practicing

prayer also gives you a chance to think through the decisions you face. If you are not sure about what to do, pray about it before making a decision and then you will be more likely to make the right decision.

THINGS TO THINK ABOUT

- 1.** As I practice a prayer, I will think about my breath while I pray and while I listen. What happened?
- 2.** What sort of things would I like to ask God about, but are too afraid to ask?
- 3.** What sort of things do I pray about?

DAY 11 Steps taken: _____ Miles journeyed: _____

Exercise chosen: _____

What I told God today: _____

Something I thought about: _____
