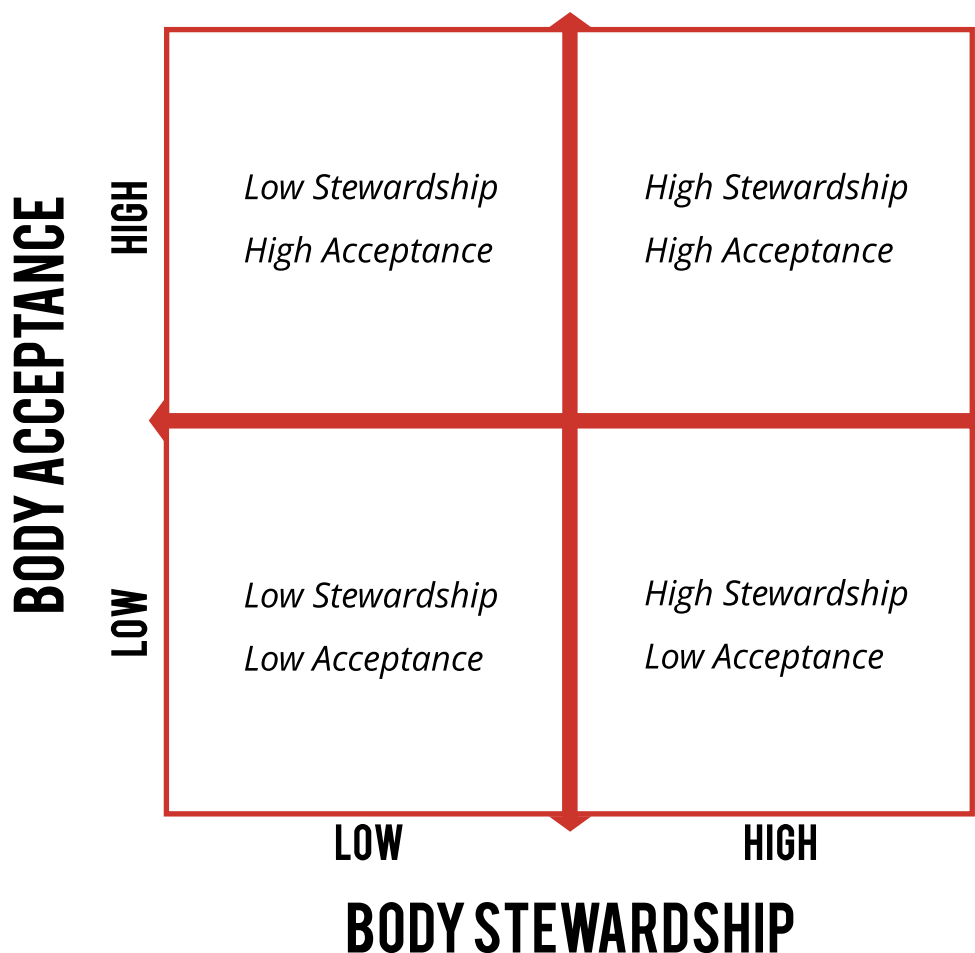




HEALTHY BODY IMAGE SPECTRUM

"Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body." - 1 Corinthians 6:19-20



STEWARDSHIP IS... our actions, things we do (or don't do) as a means to take care of and be responsible for our bodies.

ACCEPTANCE IS... being at peace in the bodies God has given us now, regardless of appearance, ability, limitations or differences.

What can I do today to steward the body entrusted to me?

What's one thing I can thank God for about my body today?