

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 honor God with your bodies. 1 Corinthians 6:19-20 NIV

Physical wellness is _____.

The Big Three of Physical Wellness

1. _____

*And there was evening, and there was morning – the first day.
Genesis 1:5 NIV*

2. _____

Kindness is not _____; kindness is _____.

*Their destiny is destruction, **their god is their stomach**, and their glory is in their shame. Their mind is set on earthly things. Philippians 3:19 NIV*

3. _____

World Health Organization minimum activity levels:

150 minutes of moderate intensity per week

or

75 minutes of vigorous intensity per week

Take Away: _____ don't _____!

Want to connect with God through the Scriptures and dig deeper into this week's message? Check out The Daily at newpointe.org/daily.