



Taking Care of Our Bodies

Throughout history, people have built beautiful places for the glory of God. The Israelites kept the tablets with the Ten Commandments in the Ark of the Covenant, which resided in a tent. They believed that the Spirit of God dwelled in the tent. Later, King Saul built the great Temple in Jerusalem to house the Ark of the Covenant, and the Spirit of God dwelled in the “Holiest of Holies.” Mary carried our Savior in the temple of her body, and the Son of God dwelt among us! We should respect the holiness of our bodies by taking good care of ourselves.

Think it Through

Since the Spirit of God lives in each of us, our bodies are God dwelling place. How do the pictures below remind you of ways to take good care of your body and your soul? How do the pictures remind us of things that may harm us?



Act

- Nourish your body. Be brave! Try out new foods, especially fruits and vegetables. Cut back on junk food and eat healthier things. And remember to show our gratitude to God by saying a blessing before you eat.
- Be sure to set aside time for physical fitness and exercise. Plenty of exercise and sleep will keep your body fit and your mind sharp. TV, video games and electronics can slow your metabolism and disrupt sleep patterns. Do your pastimes and habits benefit your body and soul?
- Ask older and younger family members to name one thing they want to do to better care for their bodies and one way they can better care for their soul. Write down your goals and place them where you will see them. If you can incorporate these actions into your life for 21 days, it will become a good habit!

Scripture

“Do you not know that you are the temple of God, and that the Spirit of God dwells in you?” 1 Cor. 3:16

Resources

Especially for parents:

www.casafamilyday.org – Learn about *Family Day 2007 – A Day to Eat Dinner with Your Family.*
www.catholicparenting.com – a collection of treasures for parents, including tips and resources for parenting from birth to adolescence.

For everyone - www.fitness.gov

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