



**Honor God by Taking  
Care of Your Body**



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## The Bible encourages you to take care of your body.

Do you not know that your body is THE TEMPLE OF THE HOLY SPIRIT who is in you, whom you have from God, and you are not your own? (1 Corinthians 6:19)

### **T**ime Management

Be very careful, then, how you live – not as unwise but as wise, making the most of every opportunity, because the days are evil. (Ephesians 5:15-16)

### **E**at Right and Rehydrate

Do not join those who drink too much wine or gorge themselves on meat. (Proverbs 23:20)

### **M**anage Yourself

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship. (Romans 12:1)

### **P**lenty of Rest and Sleep

...he said to them, "Come with me by yourselves to a quiet place and get some rest." (Mark 6:31)

### **L**ive for the Lord

So whether you eat or drink or whatever you do, do it all for the glory of God. (1 Corinthians 10:31)

### **E**ncourage Others to do the Same

Therefore encourage one another and build each other up, just as in fact you are doing. (1 Thessalonians 5:11)

Reverend Garland Higgins, Executive Pastor, Antioch AME Church

**If you're 45 or older, talk to your doctor about which colorectal cancer screening option is right for you. For more information, visit [cancer.org](https://cancer.org)**

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