

Stewardship of Body and Mind

11/1/20

I. Principles of Stewardship from 1 Corinthians 6.12-20

1 Cor 6.12-14

1 Cor 6.15-17

1 Cor 6.18-20

II. Principles of Stewardship of the Body and Mind from Rom 12.1-2

III. General Principles of Stewardship of the Body and Mind

More physical (although impact our mind):

1. Exercise;

2. Rest;

3. Eating habits and nutrition;

More mental (yet can impact the body)

4. Confession;

5. Words can hurt or heal;

6. Worry is a very unhealthy habit to the body and mind;

7. Humor and cheerfulness are important to health.