

Get Out and Move

By Erin Davis Gibbons



Take advantage of the spring weather, and honor God's gift of your body by going for a walk or run.

For
Young Adult

Season
Spring

Activity Plan

If you missed the opportunity to make a New Year's Resolution to get into better shape, spring is a great time to start taking better care of your body. The weather is nice enough to spend some time outside getting some exercise.

1. Read and reflect on the following Bible verses:

1 Corinthians 6:19-20

Or 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.

3 John 1:2

Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

Philippians 4:13

I can do all things through him who strengthens me.

- Pick a day this week to take a walk or run outdoors. God created the world; God created you! God gives you the strength and the ability to move and use your body, so go do just that! During your walk or run, consider where you see God in nature around you and how you feel God in your body as you move.
- After your walk or run, read again the Bible verses above.
 - How did you glorify God in your body?
 - Is your soul well? How about your health? In what ways does exercising change the way your body and soul feel?
 - Were you aware of God's presence at work in your body as you exercised? How so?
- Take another walk, and snap some pictures to post to the [Vibrant Faith @ Home](http://VibrantFaith@Home) website.

