

A person wearing white robes is shown from the waist down, sitting on a wooden stool. They are holding a large, dark wooden basin and pouring water from it. The background is a soft, out-of-focus landscape with a sandy or light-colored ground and a hazy horizon. The text is overlaid on the image in a dark, serif font.

“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.”
— 1 Corinthians 6:19

DEVOTION:

Reflection:

In the Wesleyan tradition, following the example of John Wesley, faith is not just spiritual—it’s practical and lived out in daily habits. John Wesley encouraged early Methodists to care for both soul and body, recognizing that physical health supports spiritual vitality.

This verse reminds us that our bodies are not random or unimportant—they are sacred spaces where *God’s Spirit dwells*. That means how we treat our bodies matters. Rest, nourishment, movement, and even seeking medical care are not acts of vanity—they are acts of stewardship.

Sometimes, it’s easy to neglect our health in the name of busyness, stress, or even service to others. But consistently ignoring our physical well-being can limit our ability to love, serve, and fully live into *God’s calling*. Caring for your health isn’t selfish—it’s part of honoring *God with your whole life*.

Prayer:

Lord, thank You for the gift of my body and the life You have given me. Help me to care for myself with wisdom and balance. Teach me to rest when I need rest, to nourish myself well, and to make choices that honor You. Let my life—body, mind, and spirit—be a reflection of Your love. Amen.

Practice for Today:

Choose one small, intentional act of care for your body today—whether it’s taking a walk, drinking more water, getting enough sleep, or simply pausing to breathe and rest—and offer it to *God as an act of worship*.