



whole & holy

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A Daily Devotional Invitation

Scripture Reading

"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."

— 1 Corinthians 6:19–20

From the very beginning, God created us as **embodied spirits**. We are not souls trapped in bodies, nor bodies disconnected from our faith. Scripture tells us that God formed humanity in His own image—male and female—and when He looked at what He had made, He declared it **very good (Genesis 1:27, 31)**.

This means something important and often overlooked: **your body is good**. Not perfect, not without weakness, but intentionally designed, lovingly formed, and deeply valued by God. Our bodies are not an afterthought in the life of faith; they are a sacred place where God dwells. The apostle Paul reminds us that our bodies are temples of the Holy Spirit, purchased at great cost, and therefore worthy of care, honor, and attention.

Yet many of us carry complicated stories in our bodies—pain, comparison, shame, exhaustion, or disappointment. Learning to see our bodies as “good” is often not automatic; it is something we grow into through grace, truth, and practice.

An Invitation to Slow Down This Week

Rather than rushing through the reflections below, **create space this week to slow down and listen**. This may look like journaling your thoughts, taking a quiet walk, sitting with your coffee in the morning, or simply pausing at the end of the day to reflect in God’s presence.

You do not need to answer every question at once. Let them stay with you. Pay attention to what stirs, resists, or brings clarity. God often speaks in the unhurried moments.

Reflect: How Do You View Your Body?

Take a few quiet moments to reflect honestly before God.

- When you think about your body, what words or emotions come up most naturally?
- Do you tend to see your body as a gift, a problem to fix, or something to ignore?
- Where might God be inviting you to shift your perspective—from criticism to compassion, from frustration to gratitude?

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Gratitude Practice: Name **one aspect of your body** you can thank God for this week. This could be strength, endurance, creativity, sensitivity, or even a limitation that has taught you patience, dependence, or humility.

Remember: Even our limits can become places where grace meets us.

What Is Health?

From a Christian perspective, health is more than the absence of illness or the pursuit of physical fitness. **Holistic health** is a state of well-being that encompasses **body, mind, and spirit**, rooted in a living relationship with God. It reflects our calling as image-bearers and our responsibility to steward what God has entrusted to us.

At Jacob's Well, we recognize that health is multi-dimensional. We offer **Core Classes** to help you grow in each area:

- **Spiritual:** Practicing the Way
- **Relational:** Emotionally Healthy Relationships
- **Emotional:** Emotionally Healthy Spirituality
- **Mental:** Trauma Reboot, Grief Share, Prayer
- **Financial:** Financial Peace University
- **Physical:** Embodied
- **Meaningful:** Coming Soon

Each of these areas matters because **we are whole people**, and what affects one part of us often affects the others.

Reflect: Where Am I Flourishing? Where Do I Need Care?

- Which one or two areas of health feel **strong or life-giving** right now?
- Which areas feel **neglected, strained, or in need of attention**?
- Are there patterns you notice—perhaps strong spiritually and physically, but weary emotionally? Or financially stable but relationally disconnected?

Hold these reflections gently. This is not about fixing everything at once, but about **becoming aware** of where God may be inviting growth, healing, or support.

"Am I in a season to join one of these Core Classes?"

If so, visit www.jacobswellchurch.church/classes
or scan this QR code to sign up



Prayer

God, thank You for creating me with intention and making my body good. Help me slow down enough to notice what is true within me. Give me compassion for myself and wisdom to care for my whole life—body, mind, and spirit—for Your glory.

Amen.