



whole & holy

week
2

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

Reflection: The Story You Are Telling Yourself

We all carry a story about our bodies—shaped by experiences, culture, comparison, trauma, and aging. Some of these stories bring shame or resignation. God invites us into a different story: one of **mercy, purpose, and possibility**.

Our bodies are sacred spaces, temples of the Holy Spirit, worthy of care and honor. The question this week is: *"What story am I telling—and does it reflect God's truth?"*

Looking Ahead: One Year from Today

It can be easy to get caught up in the day-to-day, focusing on immediate challenges or what feels impossible to change. This week, we invite you to pause and look **forward with hope and imagination**. Consider what life might feel like if you cared for your body, mind, and spirit in ways that honor God over the next year. Let this exercise be a moment to dream, reflect, and plant seeds of intention.

Imagine your life 365 days from now:

- How do you hope to feel in your body?
- How do you hope to feel spiritually—closer to God, more grounded, or more faithful?
- How do you hope to feel in your relationships—connected, loved, or able to give and receive well?
- How do you hope to feel emotionally—peaceful, resilient, or emotionally balanced?
- How do you hope to feel mentally—clear, focused, calm, or creatively alive?
- How do you hope to feel financially—secure, responsible, free, or generous?

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Reflection Questions

Take a few quiet moments to reflect honestly before God.

- What story have I been telling myself about my body?
- What small shift in thinking might God be inviting me to try?

Prayer

God of mercy and renewal, Thank You for meeting me where I am. Reveal the stories I live by that don't reflect Your truth. Renew my mind, strengthen my resolve, and help me honor You with my body.

Amen.

Next Steps

If God is inviting you to take a next step in embodied wholeness, consider Embodied —a space to grow in physical health as a spiritual practice, alongside others, with grace and support, visit www.jacobswellchurch.church/classes or scan this QR code to sign up

