

Stewardship: Practical Care for the Body

Body stewardship means accepting responsibility for the body by appropriately caring for its needs through proper nutrition, sufficient exercise, adequate rest, and limiting stress.

Ministry burnout

Burnout happens when your physical and spiritual wellbeing are finally so overwhelmed that you can't snap out of it and do the next thing.

Acknowledging Limitations: God designed your body with limitations.

Rest is intentional inactivity and restores the mind/body connection that stress interrupts.

Stress is the way your body reacts to outward circumstances. It can be acute or chronic and have emotional, behavioral, cognitive, and physical effects.

Basic Nutrition: God designed our bodies to need various nutrients.

1. *Carbohydrates* are sugars, fibers, and starches. Carbohydrates are your body's primary energy source.
2. *Fats* are fatty acids, triglycerides, cholesterol. Fats are essential to your body's proper functioning.
3. *Proteins* are made up of amino acids. Proteins are your body's building blocks.
4. *Vitamins* are primarily in vegetables, fruits, and in some grains, meats, and nuts. Your body needs a variety of vitamins.
5. *Minerals* are primarily in vegetables, fruits, and in some grains, meats, and nuts. Your body needs a variety of minerals.
6. *Water* is vital to your health. Over half of your body is water.

Exercise Recommendations: God made our bodies to get better with exercise.

Minimum of 150 minutes of moderate intensity cardio *OR* minimum of 75 minutes vigorous intensity cardio *AND* total body strength training at least 2 days a week.

Strength training should work each major muscle group and can involve weights, resistance bands, or your bodyweight.

Aerobic exercise impacts your cardiac muscle and respiratory system and can be done in a variety of ways.

Flexibility maintains the health of a joint, enhances functional abilities, and can guard against injury.

Fruit of Self-Control

God equips us with the ability to steward our bodies in a way that glorifies him.

As an embodied being, your body fuels the ministry work that you devote to the Lord.
So, glorify God in your body, even honoring him in what you eat and drink.

1 Corinthians 6:20, 10:31