

In Tip-Top Shape

God is the greatest mechanic of all. He created the greatest machine there is—our body.

Our bodies will stay in better shape and last much longer than most any toy, car, or piece of machinery in the world. Your body can even repair itself. Man has not made a car that can fix itself. Cars get old very fast and usually don't last much past 15 years, while people live to be 70, 80, or even 100 years old!



Sometimes, just like a car, if we are not careful and we don't take good care of ourselves, our bodies might not run so well. When that happens, it's time to rest and take proper care of ourselves so that our bodies can repair themselves.

When we get sick, or we hurt ourselves, it may take a little time for us to recover, but Jesus made our bodies able to heal if we do our part to help with the healing process.



Do you know what you can do to either prevent sicknesses or at least help your body be strong so it can get over the sickness well? You can do this by:

- Eating nutritious food
- Getting enough sleep
- Getting enough exercise

If you take good care of your body, your body will run in tip-top shape for a long time!

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself. (1 Corinthians 6:19 NLT)

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