

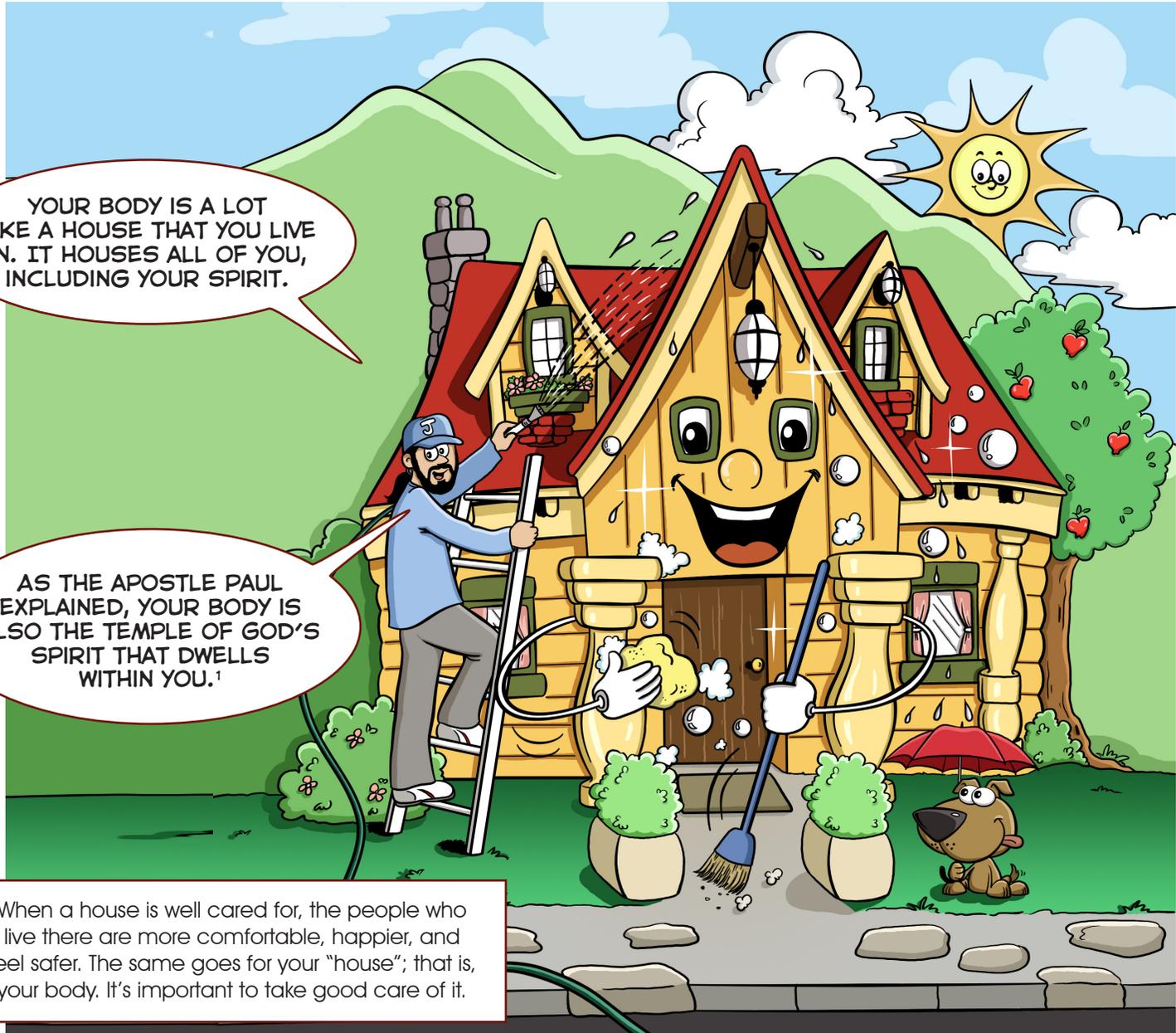
TAKE CARE OF YOUR "HOUSE"

You can take good care of your body by:

YOUR BODY IS A LOT LIKE A HOUSE THAT YOU LIVE IN. IT HOUSES ALL OF YOU, INCLUDING YOUR SPIRIT.

AS THE APOSTLE PAUL EXPLAINED, YOUR BODY IS ALSO THE TEMPLE OF GOD'S SPIRIT THAT DWELLS WITHIN YOU.¹

When a house is well cared for, the people who live there are more comfortable, happier, and feel safer. The same goes for your "house"; that is, your body. It's important to take good care of it.



Eating healthy food and drinking plenty of water



Exercising well



Keeping clean

¹ 1 Corinthians 6:19

Your "house" also needs to get a good amount of sleep. You might wish you could stay up to play or do something other than sleep.



However, the reason you need to go to sleep at the time your parents tell you to is because you are growing. You need the extra sleep. Sleep also keeps your mind and body strong by giving it what it needs to function properly, which results in a healthier and happier you.

