



## CALL TO ACTION

### WEEK 2: DWELLING IN THE TEMPLE OF GOD

- Begin each day this week with this breath prayer to reconnect with your body: (*Breathe in*) My body is a temple, (*breathe out*) God dwells in me. Amen.
- Sleep is a critical aspect of health. Learn to value sleep by making sleep a priority for yourself and your family. To further cultivate restorative rest, choose one or two habits to incorporate into your sleep routine. Examples include: turn on “Do Not Disturb” on your phone beginning at your bedtime and ending at your usual wake-up time; pray or journal for 10 minutes before going to sleep; or do five minutes of light stretching before going to bed.
- Set up a monthly food drive in your church that focuses on collecting one nutrient-dense food every month for a local food bank or non-profit working to address lack of access to healthy foods. To find ideas of nutrient-dense foods to collect, visit <https://kansasfoodbank.org/how-to-help/donate-food/>.
- Reach out to community health workers (CHWs) in your community and find out how you can be part of supporting their efforts, both short-term and long-term. Consider opportunities where the church and the CHW(s) could work together to increase local insurance enrollment and access to health care.