



CALL TO ACTION

WEEK 4: LOVING IN THE TEMPLE OF GOD

- Set aside 10 minutes this week to say a prayer of thankfulness for your body. Sitting quietly, do a mental scan of your body from the top of your head to the tips of your toes. Take note of every part of your body and say, “Thank you, God, for my [insert body part], and how I can use it to love you, myself, and my neighbors.” If you notice a part of your body you’re not thankful for, remember that God values all of you just as you are.
- Think of someone who has used their gifts at church or in the community to impact you or the neighborhood. Take a moment this week to write them a note or give them a phone call and let them know how much you appreciate them.
- Gather a group of congregants who can assess all shared meals and snacks at the church and strategize how to make healthy, nutrient-dense foods available at church gatherings.
- Investigate trail-in-a-box programs (like this one: http://www.sunflowerfoundation.org/what_we_do/healthy_living/sunflower_trails_profile_trail_in_a_box) that you could implement in your area. Or, reach out to a local yoga or tai chi studio and find out if someone might be willing to come give a weekly class at your church.