

## Part 2 - Body

**1 Thessalonians 5:23, "And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ"**

**1 Corinthians 10:31 (KJV)**

**<sup>31</sup> Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.**

**Philippians 2:15 (KJV)**

**<sup>15</sup> That ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world;**

## LESSON 3

### Be God's Woman in your Body

Your physical \_\_\_\_\_ is an important part of making your life \_\_\_\_\_.

God expects me to manage my \_\_\_\_\_.

**1 Corinthians 6:12 All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.**

Your body is a gift from God. He loans it to you and it's your responsibility to manage it \_\_\_\_\_.  
What are you doing with what He's given you?

My body is God's \_\_\_\_\_.

**1 Corinthians 6:20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.**

**1 Corinthians 6:13b**

**Now the body *is* not for fornication, but for the Lord; and the Lord for the body.**

Our \_\_\_\_\_ teaches us that we can do whatever we want with our bodies. But God created our bodies, so we don't have a right to \_\_\_\_\_ them with anybody we want.

**1 Samuel 16:7 (KJV)**

**<sup>7</sup> But the LORD said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for *the LORD seeth* not as man seeth; for man looketh on the outward appearance, but the LORD looketh on the heart.**

Our testimony is affected by the \_\_\_\_\_ appearance.

### 1. Appearance

## Hygiene

\_\_\_\_\_ daily using soap & shampoo/conditioner

Use \_\_\_\_\_

Brush & \_\_\_\_\_ teeth

### **Clothing**

Be \_\_\_\_\_ but in \_\_\_\_\_. Avoid \_\_\_\_\_, clingy.

God is for \_\_\_\_\_.

Be open to saying, is this something I need to adopt as my \_\_\_\_\_, not just to "obey the rules."

Care for your \_\_\_\_\_.

Make sure your clothes fit you \_\_\_\_\_.

Pay attention to \_\_\_\_\_.

Wear what is \_\_\_\_\_ to the situation.

Be distinctly \_\_\_\_\_.

### **2. Maintenance**

Shave

Wear \_\_\_\_\_, tweeze brows, etc.

\_\_\_\_\_ hair

\_\_\_\_\_ -looking nice. Don't be a nail biter.

Avoid nervous /uncouth \_\_\_\_\_

Have good \_\_\_\_\_. Stand & walk \_\_\_\_\_.

Sit \_\_\_\_\_.

Be aware of the basics of good \_\_\_\_\_.

### **3. Health**

\_\_\_\_\_.

\_\_\_\_\_. Make necessary changes.

Eating \_\_\_\_\_. Eat \_\_\_\_\_ amounts. \_\_\_\_\_ more healthy options.

Avoid excessive \_\_\_\_\_ & \_\_\_\_\_.

Take \_\_\_\_\_ when necessary, but don't take what you don't need.

Get proper \_\_\_\_\_.