

Reflection Questions - Your Body is a Temple

Use these prompts for personal journaling, group discussion, or quiet prayer. Let them guide you into deeper stewardship of your temple.

"Do you not know that your body is a temple of the Holy Spirit...?
So then, honor and glorify God with your body."

~ 1 CORINTHIANS 6:19-20 (AMP)

1. *What have I been bringing into my temple lately - physically, mentally, emotionally?*
2. *Where have I been using my body for comfort instead of purpose?*
3. *What's one area I can reclaim as worship today?*