

Mind Body & Soul

I matter

Our word of the week this week encourages us to think of out minds, bodies and souls as important ways in which we can honour God. And that we should use them to do God's work in the world.

Word of the Week

A reading from the letter of St Paul to the Romans.
(ROMANS 12: 1-2)

So then, my friends, because of God's great mercy to us I appeal to you: Offer yourselves as a living sacrifice to God, dedicated to his service and pleasing to him. This is the true worship that you should offer. 2 Do not conform yourselves to the standards of this world, but let God transform you inwardly by a complete change of your mind. Then you will be able to know the will of God—what is good and is pleasing to him and is perfect.

I am loved

I am kind

I am amazing

I believe in me

I deserve good things

I am beautiful

I deserve good things

Prayer for the Week

Lord, today I offer you my mind. May I seek the mind of Christ in all things. Freed from anxiety and fear. Filled with wholeness and wellness.

Today I offer You my body. May it be a temple dedicated to you, O Lord. A place for you to live and reign. May I be mindful of what I eat and drink. May I be watchful of my sleep and rest.

Lord, right now I offer you my whole being. I present my mind, spirit and body to you. This day and everyday may I ever glorify and worship You.

Amen.





HEALTHY LIFE STYLE

LOOKING AFTER OUR MINDS, BODIES AND SOULS IS ALL PART OF A HEALTHY LIFE STYLE. GOD LOVINGLY CREATED EACH ONE OF US, THEREFORE WE HAVE A DUTY TO GOD OUR CREATOR TO CARE FOR HIS CREATION. WE SHOULD MAKE THE TIME TO CARE FOR OURSELVES AND OTHERS.

TAKE A MOMENT IN SILENCE TO PRAY. AS YOU PRAY THIS MORNING ASK GOD TO REMIND YOU OF WAYS IN WHICH YOU CAN CARE FOR YOURSELF THIS WEEK. WHAT MIGHT YOU NEED TO DO THIS WEEK TO TAKE CARE OF YOUR MIND, BODY OR SOUL SO THAT YOU ARE ABLE TO BE THE PERSON GOD CREATED YOU TO BE.

I am beautiful

Click the lego person to listen to Psalm 139. As you listen think about what it means for you to be made and known by God!



I matter

I am kind

I am amazing

**And Jesus said to him,
“You shall love the
Lord your God with all
your heart and with
all your soul and with
all your mind.**

Matthew 22: 37

This is the greatest commandment! Jesus didn't say these words lightly, he wanted everything we do in our lives to be for the love of God.

Take a moment to pray about how you might love God...

- with all your heart...?
- with all your soul...?
- with all your mind...?

Remember we can show our love for God through our actions and words to other people and yourself.

Sometimes we focus too much on the things we think we can't do or the things we don't have. But we are reminded this week that we are created by God and God doesn't make rubbish! He makes us fit for purpose, with a task in mind for each one of us.

If only we knew how valuable we are, how well-made we are, and recognised the goodness in ourselves and each other.

What do you think is your best quality?

What is the best quality of the person sat next to you?

Who do you look up to?

What qualities in them do you admire?

I deserve good things

I am loved

LETS DANCE!

Take a look at this video and why not DANCE YOUR PRAYER this morning!! Its good for the mind, body and soul!

[CLICK HERE](#)

Praise- Elevation Worship- Dance by FWC-kids

