

# FAITHFLEX DIGEST

## HEALTH SPOTLIGHT

### Stewarding Our Health, Bearing Responsibility

Summer invites us outdoors, into community, and often into moments of influence—whether we realize it or not. Our health habits don't just impact us; they ripple outward to family, coworkers, and those watching quietly from a distance.

Taking care of our bodies isn't about vanity—it's about responsibility. When we neglect our health, we not only limit our own energy and capacity to serve, but we may also unintentionally model habits that lead others astray. In contrast, choosing to steward our health can inspire those around us to do the same.

Scripture reminds us we are accountable for how we live and what we allow in others. Just as Ezekiel was warned that silence in the face of sin brought guilt (Ezekiel 3:18), we too carry responsibility when we ignore harmful patterns in ourselves or fail to encourage better ones in others.

Healthy choices—rest, movement, nourishment—are more than self-care; they're a form of discipleship. Let's steward our influence well.

## MEDITATE

Ezekiel 3:18 "When I say to a wicked person, 'You will surely die,' and you do not warn them or speak out to dissuade them from their evil ways in order to save their life, that wicked person will die for their sin, and I will hold you accountable for their blood."

James 4:17 "If anyone, then, knows the good they ought to do and doesn't do it, it is sin for them."

Acts 20:26-27 "Therefore, I declare to you today that I am innocent of the blood of any of you. For I have not hesitated to proclaim to you the whole will of God."

## GET MOVING - GRACE IN MOTION

### Get Moving: Walk Worthy

Start your day with a 10-minute "purpose walk." As you walk, reflect on how your habits influence those around you—your children, your spouse, your friends. This isn't about pace or breaking a sweat—it's about presence. Breathe deeply, swing your arms, and stand tall.

Use the time to pray, reflect, or meditate on verses from this month's reading. Steward your health not just for your sake, but for the example you set.

Remember: movement is a gift. Steward it with grace, consistency, and purpose.

Our mission is to inspire and empower men and women to honor their bodies as temples of the Holy Spirit, as emphasized in 1 Corinthians 3:16-17, through faith-centered health and fitness practices.