STRONG

FAMILY COMPANION

FSY October Week 1: Your Body Is Sacred

Watch this week's STRONG episode together, then use this as a springboard for family discussion.

TALK ABOUT IT

- What's something your body does every day that you never had to learn how to do?
- If our family treated our bodies like temples, what's one thing that we would change?

READ TOGETHER: 1 CORINTHIANS 6:19–20

> *"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."*

- What does it look like to "glorify God in your body" on an ordinary school day?

DO IT TOGETHER

- Pick one thing to do on purpose as a family this week: a set bedtime, a meal together, a walk after dinner. Treat it like caring for something sacred. Talk about how it went at your next family night.