STRONG

OCTOBER WEEK 1 YOUTH WORKSHEET

FSY Topic 10: Your Body Is Sacred

THIS WEEK IN CLASS

This month your class and quorum are studying Your Body Is Sacred. Your body is a literal, ongoing miracle, engineered by God with more going on inside it than you realize. That's why He calls it a temple.

KEY TRUTHS

"Your body is in the image of God, the most glorious, majestic Being in the universe."
"The scriptures compare our bodies to a holy temple, a place where the Spirit can dwell."
"Your soul is made up of your body and your spirit. For this reason, physical health and spiritual health are closely connected."

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."

THINK ABOUT IT

- What's something your body did today that you never had to tell it to do?

REAL TALK

- *"What if my body doesn't work like everyone else's? An illness, an injury, a disability? Does that mean it's less sacred, or that God loves it less?"*
- Whatever your body carries right now, Jesus Christ is your strength. Where do you need His strength most this week?

YOUR MOVE

This week, pick one thing: sleep, food, movement, or rest. Do it on purpose, like you're taking care of something sacred. Which one did you pick, and what exactly will you do?