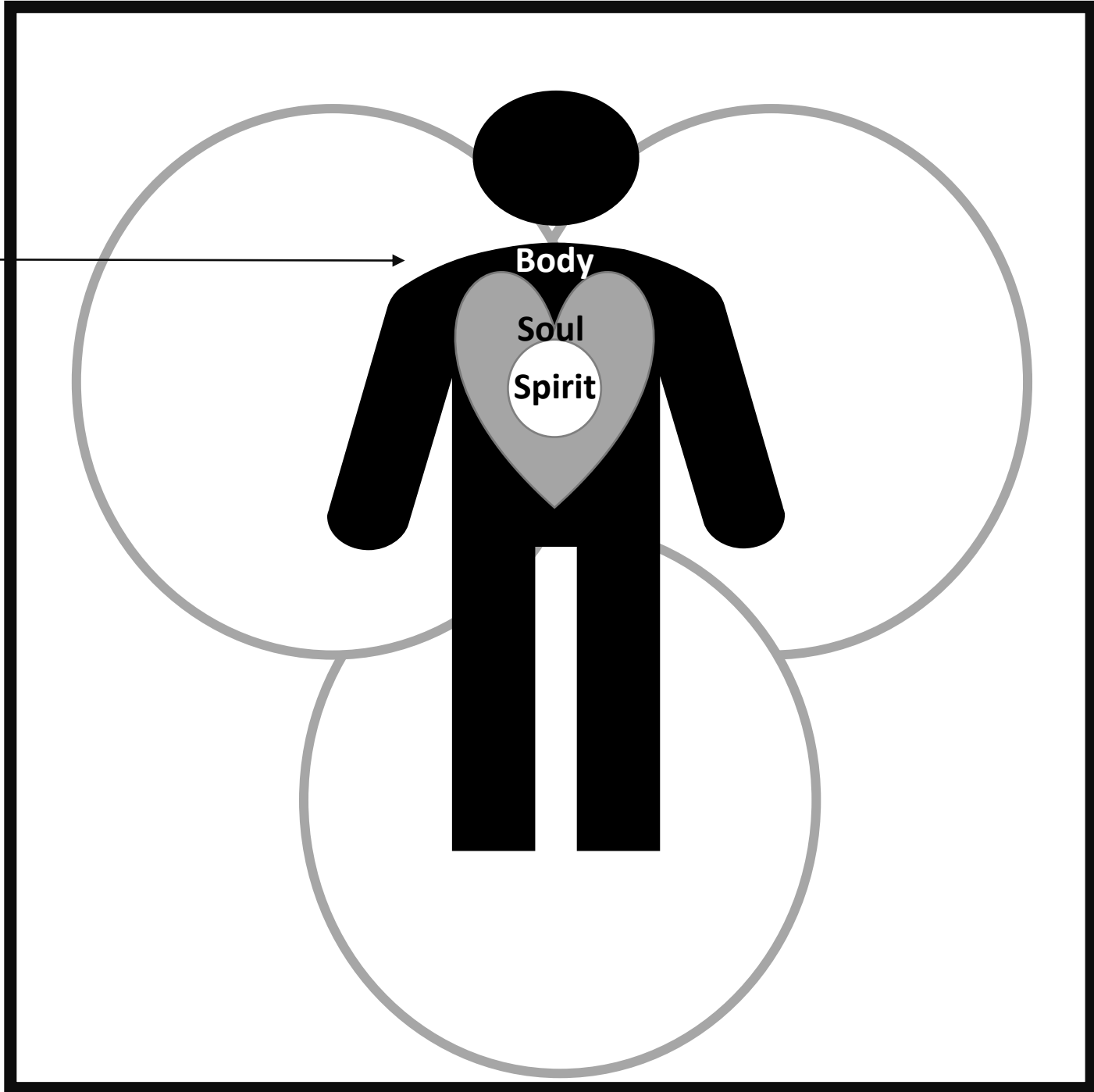
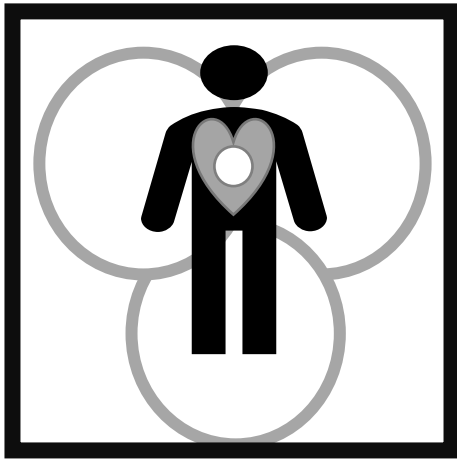


# Wholeness of body in times of disruption

Week 2

BODY





## Week 2 – Activity 2 – Body Assessment

Reflection on **how your body is doing** and **how you can use your temple to worship God.**

- What aspects of my bodily existence is inhibiting me from worshiping God with my body?
- What can should I stop, start or continue to do in order to worship God with my body?
- Pray and repent where needed and praise God for change that he has already brought about.

**What is inhibiting me from worshiping God with my body?**

**What can should I stop, start or continue?**

**What can I repent about and what can I praise God about?**

