

# Kingdom Wellness Principles

## Your Body is the Temple of the Holy Spirit

### Temple Theology

Your body is not your own - you were bought with a price (1 Corinthians 6:19-20). Therefore, honor God with your body through how you eat, move, and rest.

### Food as Fuel, Not Comfort

Food was designed to nourish, not to medicate emotions. When you eat to cope with stress or pain, you dishonor the temple. Seek God first.

### The Sacred Act of Eating

Hawaiian ancestors understood: eating is sacred. Slow down. Give thanks. Eat mindfully. This honors the Creator and improves digestion.

### Movement is Worship

Your body was designed to move. Regular exercise is not vanity - it's stewardship. Walk, dance, work with your hands. Honor the gift of strength.

### Rest is Commanded

God rested on the seventh day and commanded you to do the same. Chronic exhaustion is disobedience. Sabbath rest restores your body and soul.

## Fasting Disciplines the Flesh

Jesus said 'when you fast' not 'if you fast' (Matthew 6:16). Fasting breaks the power of appetite, sharpens spiritual sensitivity, and brings breakthrough.

## Water is Life

Your body is 60% water. Dehydration causes fatigue, brain fog, and illness. Drink pure water abundantly - it's one of God's simplest gifts.

## Start Today

1. Commit to one fast this week (skip one meal and pray instead).
2. Replace one unhealthy habit with a Kingdom alternative this month.
3. Set a bedtime that allows 7-8 hours of sleep.
4. Speak life over your body daily: 'I am fearfully and wonderfully made' (Psalm 139:14).