Take Care of Your “House”

Your body is a lot like a house that you live in. It houses all of you, including your spirit.

As the apostle Paul explained, your body is also the temple of God’s Spirit that dwells within you.¹

When a house is well cared for, the people who live there are more comfortable, happier, and feel safer. The same goes for your “house”, that is, your body. It’s important to take good care of it.

¹ 1 Corinthians 6:19
However, the reason you need to go to sleep at the time your parents tell you to is because you are growing. You need the extra sleep. Sleep also keeps your mind and body strong by giving it what it needs to function properly, which results in a healthier and happier you.

Your “house” also needs to get a good amount of sleep. You might wish you could stay up to play or do something other than sleep.

Paul, Friday night.

The next day.

STOP, KNIGHT! WHERE ARE YOU GOING? ...

PAUL, ARE YOU OKAY?

I HAVE A SORE THROAT, AND I’M VERY TIRED.

HOW DO YOU LIKE READING THIS STORY TOGETHER?

I CAN’T WAIT TO HEAR WHAT HAPPENS NEXT!

Have you been playing after lights out?

How do you like reading this story together?

Paul, are you okay?

I can’t wait to hear what happens next!

Have you been playing after lights out?
Even when you are doing what’s necessary for the care of your body, you will sometimes get sick.

But when you have done your best to follow guidelines for being healthy, then when you do get sick, it will be easier for your “house” to heal.

I used to fill up on candy and sodas, which my parents and the doctor said weren’t good for me. I decided to take better care of my “house,” so now I’m eating the meals my parents prepare, including vegetables and fruits.

I still sometimes get sick, but I’ve been eating well, and that helps my “house” repair itself and get over being sick.

Exercise is also important for good health!