

# Caring for Our Physical Bodies

## Our Body Image

- How can the opinions of others influence how we feel about our bodies?
- How are the truths the Lord wants us to know in Genesis 1:26–27 and 1 Corinthians 6:19–20 different from messages we may get from others?

Study the following counsel the Lord gave through President Russell M. Nelson and Elder Jeffrey R. Holland of the Quorum of Twelve Apostles looking for what can help with our body image:



Each time you look in the mirror, see your body as your temple. That truth—refreshed gratefully each day—can positively influence your decisions about how you will care for your body and how you will use it. And those decisions will determine your destiny. (Russell M. Nelson, “Decisions for Eternity,” *Ensign* or *Liahona*, Nov. 2013, 107)



I plead with you . . . to please be more accepting of yourselves, including your body shape and style, with a little less longing to look like someone else. We are all different. Some are tall, and some are short. Some are round, and some are thin. And almost everyone at some time or other wants to be something they are not! But as one adviser to teenage girls said: “You can’t live your life worrying that the world is staring at you. When you let people’s opinions make you self-conscious you give away your power. . . . The key to feeling [confident] is to always listen to your inner self—[the real you.]” And in the kingdom of God,

the real you is “more precious than rubies” [Proverbs 3:15]. (Jeffrey R. Holland, “To Young Women,” *Ensign* or *Liahona*, Nov. 2005, 29)

- What did you learn from these statements?

Write down something you think the Lord would want you to say to someone who is struggling to feel positive about their body.

## Sleep

Read Doctrine and Covenants 88:124, looking for what the Lord taught about sleep.

- Why do you think sleep is important?

Not getting enough sleep can be a significant health problem. Most experts recommend teenagers get between 8–10 hours of sleep a night (see National Sleep Foundation, “How Much Sleep Do You Really Need?,” Oct. 1, 2020, [thensf.org](https://www.thensf.org)). Insufficient sleep can leave a person tired, functioning poorly, and vulnerable to physical and mental health issues. Feeling tired can make us more susceptible to temptation.

- How have you seen sleep habits affect your life?
- How could healthy sleep habits improve our ability to serve the Lord?

Discuss with your group advice you would give to someone who wanted to improve their sleep habits or whom you would recommend they go to for advice. Write your thoughts on the paper provided.

## Exercise and an Active Lifestyle

Being idle refers to wasting our time, being lazy, or avoiding work. Read one or two of the following verses, looking for the Lord's feelings about His children being idle: Doctrine and Covenants 42:42; 60:13; 75:3.

- Why do you think the Lord wants us to be active and hardworking instead of idle?
- How has the Lord blessed you when you have tried to be active and hardworking?
- How could exercise and an active lifestyle improve our mental health? How could this help us serve the Lord?

Write down your advice for a teenager who desires to improve their exercise and activity levels.

## Healthy Eating Habits

Read the following verses, looking for the Savior's counsel regarding healthy food choices: Doctrine and Covenants 59:16–20; 89:10–16.

- What impact do our food choices have on our lives?

Discuss some of the obstacles to healthy eating. Share some ways we can seek the Lord's help and overcome these obstacles.

- What long-term benefits could there be in following the Savior's counsel about eating well while you are young?

As a group, write three lists titled "Avoid," "On Occasion," and "Healthy." Working together, choose some common foods you see every day. Discuss which category might be appropriate for that food.