

# Stewardship Is Life Management

## Session 6 Worksheet

### STORY 1 STEWARDSHIP OF TIME

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#### Discussion

1. What does it mean for us to keep the Bible Sabbath?
2. Share how your employer responded to your Sabbath convictions.
3. Discuss how our relationship to God is more important than our relationship to our employment.

### STORY 2 STEWARDSHIP OF OUR BODIES—BY EXAMPLE

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#### Discussion

1. Share a story of when God spoke to you through someone and you recognized it as the voice of God. What did you do?
2. What happens when a steward attempts to keep a secret from God?
3. We experience the power of God when totally committed to Him. What happens if I hold back?
4. As a Christian, what is my responsibility to God and fellow Christians?

### STORY 3 STEWARDSHIP OF OUR BODIES—ADOPTING GOOD PRACTICES

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#### Discussion

1. What are some of the reasons why caring for our bodies is important to our Creator?
2. Why is the stewardship of our health important to us?
3. What can be done to practice a better diet and lifestyle?

### HOME PROJECT

#### Stewardship of time

1. On paper assign specific times on a weekday for family, work, rest, refreshment, and exercise. Make every minute count for good. For one week have regular meals and watch the results.
2. On paper plan Sabbath-day activities so it will be a joyful experience for the entire family. God ordained and sanctified it as a day of worship and renewal.

### Stewardship of the body

1. Those who enjoy excellent health and try to stay physically fit, not only feel good, but are a living example that glorifies God.
2. The Blue Zone study presents Adventists as an example of people who have longevity of life because they are physically fit and practice principles of good health. Does my life reflect what the study says is true of an Adventist Christian?
3. Visit [Bluezone.com](http://Bluezone.com) to take the happiness quiz and to learn more.

### Something to think about

“If you turn away your foot from the Sabbath, from doing your pleasure on My holy day ... then you shall take delight in the LORD, and I will cause you to ride on the high hills of the earth” (Isa. 58:13-14 NKJV).

“The angels were turning from those who failed to appreciate the sacredness of God’s sanctified day, and were removing from them their light and their strength. I saw them overshadowed with a cloud, desponding, and frequently sad. They felt a lack of the Spirit of God.” –Ellen G. White, *Gospel Workers*, p. 209

“Or do you not know that your body is the temple of the Holy Spirit who is in you ... ?” (1 Cor. 6:19 NKJV).

“Health is like money, we never have a true idea of its value until we lose it.” –Josh Billings

“If Christians will keep the body in subjection ... feeling it a duty that they owe to God and to their neighbors to obey the laws which govern health and life, they will have the blessing of physical and mental vigor.” –Ellen G. White, *Healthful Living*, p. 23

### My prayer commitment

The heart of the matter for me is: \_\_\_\_\_  
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