

# *Body Matters Snapshot*

**LIES I HAVE BELIEVED ABOUT MY BODY:**

**TRUTH I NEED TO REMEMBER ABOUT MY BODY:**

**SPECIFIC WAYS ENVY, COMPARISON, JUDGEMENT, DISCONTENTMENT, OR ENTITLEMENT KEEP ME FROM LOVING MYSELF AND OTHERS WELL:**

**STEPS I CAN TAKE TO FAITHFULLY STEWARD MY BODY:**

**STEPS I CAN TAKE TO CULTIVATE A THANKFUL HEART:**

**HOW CAN BEING AT PEACE WITH WHO I AM FREE ME TO RELATE TO MYSELF AND OTHERS DIFFERENTLY?**