

Made, and called very good

Genesis 1:24-31

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does God make in this passage, and what does he say about all of it when he is finished?

2. What does it show me about people — and about myself?

Where have you treated your body as less important than your soul, or as something to be ashamed of?

3. What will I obey this week? (a concrete step, with a day)

What is one way you will care for your body this week as something God called good?

4. Who will I tell?

Who do you know who believes their body does not matter to God?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

God, you made bodies and called them very good. Teach us to receive ours as your work rather than despise them, and to care for them as something you made.



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