

NEW COVENANT CHRISTIAN MINISTRIES

SERMON NOTES

July 26, 2026

Sister Herline Knights

MY TEMPLE STEWARDSHIP COMMITMENT Taking Care of Our Health Is Stewardship of God's Gift Healthy Enough to Fulfill God's Assignment

3 John 1:2

1 Corinthians 6:19-20

1 Corinthians 10:31 (KJV)

Our goal is not perfect health. Our goal is faithful stewardship for God's glory and Kingdom purpose.

"Why did God leave us here?" – Herline Knights

The purpose of good health should not just be to look better. This is a Kingdom agenda.

"Am I stewarding this body in a way that advances God's Kingdom?" – Herline Knights

Stewardship does not begin when you become older. Stewarding your temple begins now!

Don't look at your neighbor's plate. Look at your own plate.

Move from ownership to stewardship.

Ownership asks, "What do I feel like doing?"

Stewardship asks, "What honors the one to whom I belong."

"Never weaponize the message to people who are sick." – Herline Knights

LISTEN — What is God showing me?

Identify one area of physical, mental, emotional, or spiritual stewardship that needs attention.

The area God is bringing to my attention is:

DECIDE — What is my next obedient step?

Choose one specific, realistic action you can begin now.

This week, with God's help, I will:

ACT — My stewardship focus

Check one or two areas:

- Nourish wisely
- Move regularly
- Prioritize rest
- Address stress/anxiety
- Keep a healthcare appointment
- Practice self-control
- Guard thoughts/words
- Forgive/release a burden
- Strengthen prayer/Scripture habits

STAND — What truth will I speak?

The Scripture or biblical truth I will stand on is:

MY DECLARATION

My life belongs to Jesus Christ. I choose truth over lies, faith over fear, obedience over compromise, and wisdom over neglect. I will not allow worry, a diagnosis, my past, or my circumstances to define me. By God's grace, I will steward my body, mind, and spirit for His glory and His Kingdom assignment.

MY PRAYER

Father, thank You for the life You have entrusted to me. Give me wisdom to know what needs to change, discipline to act on what You show me, and grace when I fall short. Teach me to honor You with my body, mind, choices, and words. I trust You as my Sustainer and Great Physician. Use my life for Your Kingdom and Your glory. In Jesus' name, Amen.

My commitment begins today: _____

Name (optional): _____

Accountability/prayer partner: _____

DECIDE TODAY HOW YOU WILL STEWARD YOUR TEMPLE.

"...glorify God in your body, and in your spirit, which are God's." — 1 Corinthians 6:20 (KJV)