



Twelve Gardens of Stewardship

Prayer Service

Garden of the Body

Let us Pray:

Lord,

You are the sower and reaper, the planter and harvester. We are eager to cultivate the gifts in the fertile soil of hearts open to You.

Reading from Scripture:

“Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore, glorify God in your body.” *1 Cor 6: 19–20*

Meditation – How are we cultivating our gifts?

Do I nourish myself with a nutritious diet? Do I maintain a healthy weight for my body type? Do I exercise regularly? Do I receive a healthy amount of sleep? Do I care for myself when I become ill and see a doctor at the appropriate time? Have I considered programs or practices for my body’s health, such as yoga, chiropractic sessions, exercise classes, regular walks?

Closing:

Lord,

The seed that fell on rich ground yielded a harvest of thirty, sixty, or one hundred fold. May the seeds that You have planted in our hearts, in all the gardens where we are called to be good stewards, produce a rich harvest for building up Your Kingdom. Amen.