

Trek Preparation: Our Bodies and Emotions

Our physical bodies are a gift from God. The Apostle Paul taught, “What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s” (1 Corinthians 6:19–20).

Your loving Heavenly Father provided you with the gift of a body to house your spirit (see Doctrine and Covenants 88:15; Abraham 5:7). A healthy body is important to being emotionally resilient. As you take better care of your physical health, your emotional health will also improve, and vice versa. Some ways you can better care for the body Heavenly Father has given you include regular exercise, plenty of rest, personal hygiene, and healthy eating.

What blessings have you received from having a body?

How does having a physical body prepare us to become like our Heavenly Father?

How can mistreating our body affect our emotional resilience?

How can Jesus Christ strengthen us to endure well or even overcome any physical limitation we may have?

What area(s) can you improve in with taking care of your body? Who can you involve in your life to help support you making this change?

How can learning to manage your emotions help you more easily feel the Spirit?

Trek will be a strenuous experience physically, as well as mentally, emotionally, and spiritually. Record two action steps below that you will do in order to better prepare yourself and your body for trek.

1. _____

2. _____