



TEMPLISH


Honour your temple. Live with purpose.


7-Day Faith + Food Reset

Faith-based habits for spiritual wellness

Day 1: Start with the Temple

 **Scripture:** 1 Corinthians 6:19–20


 **Faith Thought:** Your body is God's temple — treat it with reverence.


 **WFPB Tip:** Add at least one green vegetable to every meal today.


 **Wellness Habit:** Drink at least 2L of water today.

Day 2: Renew Your Mind

 **Scripture:** Romans 12:2


 **Faith Thought:** Transform your wellness by renewing your mind daily.


 **WFPB Tip:** Swap processed snacks for fresh whole fruits today.


 **Wellness Habit:** Spend 5 minutes in stillness or breath prayer.

Day 3: Bread of Life First

 **Scripture:** John 6:35


 **Faith Thought:** Feed your spirit before your body.


 **WFPB Tip:** Start your day with a fiber-rich breakfast (oats, berries, flaxseed).

 **Wellness Habit:** Begin your morning with Scripture before any screen time.

Day 4: Rest is Holy

 **Scripture:** Psalm 23:2


 **Faith Thought:** Rest isn't optional; it's sacred.


 **WFPB Tip:** Prepare a comforting plant-based meal (e.g. lentil soup).


 **Wellness Habit:** Shut down all devices 1 hour before bed.

Day 5: Guard Your Heart

 **Scripture:** Proverbs 4:23


 **Faith Thought:** Protect your heart from anything that steals peace.


 **WFPB Tip:** Avoid caffeine or stimulants for the day.


 **Wellness Habit:** Choose faith-filled music or Scripture-based podcasts today.

Day 6: Set Free to Serve

 **Scripture:** Galatians 5:13


 **Faith Thought:** Wellness gives you freedom to serve others joyfully.

 **WFPB Tip:** Eat fully plant-based today (no added sugars or oils).


 **Wellness Habit:** Move your body intentionally for 20+ minutes.


Day 7: It Is Well

 **Scripture:** 3 John 1:2

 **Faith Thought:** God desires you to thrive in every area of your life.

 **WFPB Tip:** Prepare or enjoy a colorful, celebratory Sabbath-inspired meal.

 **Wellness Habit:** Share a meal or time of worship with loved ones.

 “Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.” (3 John 1:2)

Explore more wellness tools at templish.com/reset