**Your Stewardship Toolkit for June 2023!**

*January’s message:* **Stewards if our bodily health**

**Rev. Rob Blezard, Web Editor**The Stewardship of Life Institute  
[rob@stewardshipofllife.org](mailto:rob@stewardshipofllife.org)

Check out my website: [thestewardshipguy.com](https://www.thestewardshipguy.com)

Good, thoughtful, consistent communication, education and action will help your congregation develop a healthy culture of stewardship and generosity. This kit is designed to help get you there!

You can use the resources of this kit by themselves to educate and encourage stewardship, but they would be more effective as a monthly emphasis that lifted up a different aspect of stewardship. You could plan bible studies, temple talks, a preaching series, and other activities.

Here’s what you’ll find below:

**-Stewardship Snippets:** Put a “Stewardship Snippet” every week in your Sunday bulletin! It’s a quote from the week’s Revised Common Lectionary lessons, followed by a brief reflection. Just cut and paste!

**-Newsletter Article:** Publish something in your newsletter every month on stewardship and faith or post it on your website. Keep your people thinking about stewardship. Just cut and paste!

**-General Resource Websites:** – These are places you can go for inspiration and great ideas!

**Stewardship Snippets**

*Copy and paste into your bulletin!  
Source: Rob Blezard*

**June 4, 2023** (Trinity Sunday, Year A)

*And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age."* **–Matthew 28:18-20**

What’s holding you back from having a bold, wonderful, satisfying, spirit-filled life? Jesus not only proclaims his sovereignty as ruler of the universe, but he also promises always to be with us. Now that’s a win-win! As you steward your life, remember Jesus’ proclamation and promise! Now get moving!

**June 11, 2023** (Second Sunday after Pentecost, Proper 5, Year A

*Jesus turned, and seeing her he said, "Take heart, daughter; your faith has made you well." and instantly the woman was made well.* **-Matthew 9:22**

The heartwarming story of the woman with a hemorrhage reveals much about health. Touching Jesus’ cloak healed her blood flow, but Jesus said her faith made her well. Our faith in Jesus’ love gives us power to find true wellness, beyond simple healing.

**June 18, 2023** (Third Sunday after Pentecost, Proper 6, Year A

*“Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God.”* **–Romans 5:1,2**

Count the spiritual gifts revealed in the Romans passage: Our justification, then peace, grace, and finally hope. Big gifts! Spend a moment in thanksgiving prayer for these gifts: “Thank you, God, for salvation. Thank you, God, for peace. Thank you, God, for grace. Thank you, God, for Hope.”

**June 25, 2023** (Fourth Sunday after Pentecost, Proper 7, Year A)

**Matthew 10:38b-39** – *[Jesus teaches,] “Whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it, and those who lose their life for my sake will find it.”*

Faithful stewardship boils down to, “How am I living? *Really*?” Jesus gives us a strange paradox: If we “find” our life in ways of the world, then we lose it. But if we pick up our cross and “lose” ourselves in the things of God, we find our lives. How would you pick up your cross? What part of your ego needs to be crucified for you to find your life?

**Newsletter article – June 2023** (272 words)

*Select the one below, or from the* [*Toolkit Newsletter Article Archive*](https://thestewardshipguy.com/newsletter-articles/)*.*

*Reprint permission is granted for local congregational use. Just copy and paste into your newsletter! Please include the copyright notice. Other uses please inquire: Rob@thestewardshipoflife.org.*

***Stewardship of our bodily health***

*Paul writes, “Do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own?” -***2 Corinthians 6:19**

God has given each of us a physical body that, like an automobile, is a masterfully engineered, complex vehicle that carries us along our road of life. Like our cars, our bodies need attention and care to function optimally and bring us smoothly down the road of life.

Of course, many of us have health problems for factors beyond our control, such as genetics, environment and misfortune. With so many variables over which we have *no control*, we need to do our best with the variables we *can* control.

For June, dedicate yourselves to being a better steward of your body. Here are some ideas:

* **Get a physical.** A doctor can evaluate you and advise you on optimizing your health.
* **Move it!** Even small amounts of exercise improve health and wellbeing. Ask your doctor how to get going.
* **Diet.** Not just eating to lose weight, but also eating for healthy living. Learn about the nutritional value of the foods you now eat, and explore choices that are more healthful.
* **Stop smoking.** The number one preventable health risk, smoking causes cancers, high blood pressure, heart disease, etc. Enough said.
* **Sleep.** Eight hours of shuteye does wonders for body and mind.
* **Pray and meditate.** Spiritual disciplines lower your stress, which improves physical health, too.

God gave us wonderful bodies to carry us through our life’s journey of discipleship. The better we care for it, the more fruitful our journey will be.

*--Rob Blezard*

*Copyright ©2018 Rev. Robert Blezard. Reprinted by permission. Pastor Blezard works as content editor for* [*www.stewardshipoflife.org*](http://www.stewardshipoflife.orgs) *and serves as pastor of St. Paul’s Lutheran Church, Aberdeen, MD.*

[*Click here*](https://thestewardshipguy.com/about-me/) *for a complete and up-to-date bio for Pastor Blezard.*

**General Stewardship Resource Websites**

[**Stewardship of Life Institute**](http://www.stewardshipoflife.org/)– Headquartered at United Lutheran Seminary, this site has a trove of resources in areas of congregational and personal stewardship. ([www.stewardshipoflife.org](http://www.stewardshipoflife.org))

[**ELCA Stewardship Resources**](http://elca.org/stewardship)– Our denomination’s deep well of materials. ([www.elca.org/stewardship](http://www.elca.org/stewardship))

[**The Episcopal Network for Stewardship**](https://www.tens.org/) – Solid resources! ([www.tens.org/](http://www.tens.org/)).

[**Center for Stewardship Leaders**](http://faithlead.luthersem.edu/stewardship/) – Luther Seminary’s excellent website. ([faithlead.luthersem.edu/stewardship/](http://faithlead.luthersem.edu/stewardship/))

[**The ELCA Foundation**](https://www.elca.org/give/elca-foundation) a ministry of our denomination. ([www.elca.org/give/elca-foundation](http://www.elca.org/give/elca-foundation))

-end-