



The Temple Experience

Guided Companion Workbook

7 Days of Faith Meets Function Wellness Alignment

Welcome to your guided companion for The Temple Experience.

This workbook is designed to help you move through each day with clarity, reflection, and simple practical attention.

You are not being asked to do everything.

You are simply being invited to notice, record, and move forward wisely.

Use one page each day as you progress through the course lessons.

Day 1 – Temple Care: Restoring Order

Understanding Inflammation

“Let all things be done decently and in order.”
— 1 Corinthians 14:40

Today’s Reflection

Where do I most notice internal strain right now?

Three Body Signals I Notice

1.

2.

3.

Today’s Practical Observation

What part of today’s lesson felt most personally relevant?

Prayer Line

Lord, help me notice clearly without pressure and begin where wisdom starts.

Daily Check Box

- ☐ I completed today’s lesson
- ☐ I recorded my observations

Day 2 – Temple Care: Hidden Triggers

Sugar, Salt, and Sneaky Triggers

“So whether you eat or drink, or whatever you do, do all to the glory of God.”
— 1 Corinthians 10:31

Today’s Reflection

Which daily food or drink habit feels most automatic right now?

One Hidden Trigger I Identified

One Better Option Worth Considering Later

Prayer Line

Lord, give me wisdom to notice what has become automatic and choose with greater clarity.

Daily Check Box

- ☐ I completed today’s lesson
- ☐ I identified one hidden trigger

Day 3 – Temple Strength: Building Capacity

Gut Health and Fiber

“A wise man is full of strength, and a man of knowledge enhances his might.”
— Proverbs 24:5

Today’s Reflection

Which area of nourishment feels most inconsistent right now?

One Fiber-Supporting Food I Added Today

What I Noticed Afterward

Prayer Line

Lord, help me strengthen quietly through small supports that matter.

Daily Check Box

- ☐ I completed today’s lesson
- ☐ I added one supportive food

Day 4 – Temple Strength: Structured Fuel

Anti-Inflammatory Fats

“Whoever is faithful in very little is also faithful in much.”
— Luke 16:10

Today’s Reflection

What oil, spread, or packaged fat do I use most often?

One Product I Reviewed Today

One New Insight I Gained

Prayer Line

Lord, teach me faithfulness in small choices that quietly shape strength.

Daily Check Box

- ☐ I completed today’s lesson
- ☐ I reviewed one product

Day 5 – Temple Strength: Movement and Mindfulness

Quiet Strength Through Movement

“For God gave us a spirit not of fear but of power and love and self-control.”
— 2 Timothy 1:7

Today’s Reflection

Where do I most feel tension during an ordinary day?

Today’s Practice

- ☐ Walk
- ☐ Stretch
- ☐ Quiet Breathing
- ☐ Other: _____

What I Noticed Afterward

Prayer Line

Lord, help me carry life with greater calm and steadiness.

Daily Check Box

- ☐ I completed today’s lesson
- ☐ I practiced one calming movement

Day 6 – Temple Flourish: Refined Recovery

Rest and Recovery

“In returning and rest you shall be saved; in quietness and in trust shall be your strength.”
— Isaiah 30:15

Today’s Reflection

What most often interferes with evening rest?

One Evening Adjustment I Chose

How My Evening Felt

Prayer Line

Lord, teach me to honor quietness where restoration is needed.

Daily Check Box

- ☐ I completed today’s lesson
- ☐ I made one evening adjustment

Day 7 – Temple Flourish: Reflection and Forward Path

My Next Step Forward

“Teach us to number our days that we may get a heart of wisdom.”
— Psalm 90:12

Which Lesson Stayed With Me Most This Week?

Which Temple Pathway Fits My Present Season?

- ☐ Temple Care
- ☐ Temple Strength
- ☐ Temple Flourish

Why This Fits Right Now

One Habit Worth Protecting Next

Prayer Line

Lord, help me move forward with wisdom, steadiness, and clarity.

Final Check Box

- ☐ I completed The Temple Experience
- ☐ I identified my next pathway

