

The Gift of Hydration

Honoring God by Caring for Our Bodies

As we journey together in faith, it's important to remember that our bodies are temples of the Holy Spirit (1 Corinthians 6:19-20). One simple yet powerful way to honor God with our bodies is by staying well-hydrated. Let's explore why hydration matters, how to make it a daily habit and how even our food choices can support our health.

Why Every Sip Counts

Benefits of Hydration:

- Boosts energy and reduces fatigue
- Supports digestion and nutrient absorption
- Protects joints and muscles
- Clears skin and flushes toxins
- Sharpens mind and memory
- Regulates body temperature
- Supports kidney health
- Lifts mood and prevents irritability
- Supports heart health and blood pressure
- Helps with weight management

Your body is about 60% water—keep it well-fueled!

Simple Daily Habits for Better Hydration

- Start your morning with a full glass of water
- Carry a reusable water bottle everywhere
- Set phone reminders each meal or snack
- Add lemon, cucumber or mint for flavor
- Choose water or herbal tea over sugary drinks
- Eat water-rich food and veggies at every meal
- Drink extra water on hot days and after exercise
- Keep a glass of water on your nightstand
- Notice thirst early—don't wait until you're very thirsty
- Aim for 6-8 glasses of water everyday

Eat Your Water-Hydrating Foods

- **Cucumber:** 96% water
 - **Watermelon:** 92% water
 - **Celery:** 96% water
 - **Strawberries:** 91% water
 - **Lettuce (Romaine):** 95% water
 - **Cantaloupe:** 90% water
 - **Oranges:** 88% water
 - **Tomatoes:** 95% water
 - **Peaches:** 89% water
 - **Broth-based soups:** Hydrating and comforting
- Pair hydrating foods with regular water for best results.

A Spiritual Perspective

Scripture reminds us: *"But whoever drinks the water I give them will never thirst. Indeed, the water I give them will come in them a spring of water welling up to eternal life."* John 4:14

Just as we seek the living water for our souls, let's also care for our physical bodies by staying hydrated.

A Prayer for Our Parishioners

Heavenly Father, thank You for the gift of our bodies and the living water You provide.

Help us to honor You by caring for our health, making wise choices, and remembering to nourish ourselves with water each day, keeping our bodies safe and healthy during these hot summer Months. May we be refreshed in body and Spirit, serving You with energy and joy.

Amen.

Blessings to ALL!

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