

reNEW BODY
HEALTHY HABITS

*“I pray that all is
well with you and
that your body is as
healthy as I know your
soul is!” – 3 John 1:2 (NLT)*

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“Don’t depend on your own wisdom. Instead respect the Lord and refuse to do what’s wrong. Then your body will be healthy, and your bones will be strong!” – Proverbs 3:7-8 (NLT)

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**I grow strong by
refusing what is wrong.**

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*“When the time was up,
Daniel and his three
friends looked healthier
and stronger than all those
who had been eating the
royal food.” – Daniel 1:15 (TEV)*

Five Healthy Habits:

1. Healthy people eat healthy food.

“You know the old saying, ‘First you eat to live, and then you live to eat?’ Well, your body is only temporary, but that’s no excuse for either stuffing your body with food, or indulging it with sexual immorality. Since the Lord honored you with a body, now honor him with your body!” – 1 Corinthians 6:13 (MSG)

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Two things Leading Doctors
in America are Saying –

1. We should be eating:
real, whole, fresh food.

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**What we eat and how
we live plays a huge
role in how we feel.**

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Two things Leading Doctors in America are Saying –

2. If it has a label or comes in a box or package or a can, it is probably not good for you.

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Five Healthy Habits –

2. Healthy people
maintain healthy minds.

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“Your eyes are the lamp of your body. So, if your eyes are healthy, your whole body will be full of light, but when your vision is bad, your body is full of darkness.” – Luke 11:34 (ESV)

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*“Don’t ever forget my words,
always keep them in mind.*

*They are **the key to life** for
those who find them; and they
bring health to the whole body.*

*Be careful what you think,
because your thoughts run
your life!” – Proverbs 4:21-23 (NCV)*

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Five Healthy Habits –

3. Healthy people
manage their energy.

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Two ways you can create energy –

1. Rest

2. Exercise

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“It is senseless for you to work so hard from early morning until late at night, fearing you will starve to death; for God wants his loved ones to get their proper rest.” – Psalm 127:2 (LB)

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“Keep yourself in training for a godly life. Physical exercise is good for your body but spiritual exercise is valuable in every way, because it not only helps you in your present life, but prepares you for the life to come.” – 1 Timothy 4:7-8 (TEV)

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Five Healthy Habits –

4. Healthy people enlist healthy support.

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“Two are better off than one, because together they can work more effectively. If one falls down, the other can help him up. But if someone is alone and falls, there’s no one to help him.” – Ecclesiastes 4:9-10

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“Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more.” – Hebrews 10:25 (TEV)

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*“Two are better off
than one, because together
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Five Healthy Habits –

5. Healthy people plug into God's power.

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The church has been
in the health care
business 2000 years
longer than the
government.

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*“Jesus said to the sick man,
‘Get up and get going!
Your faith has restored
you to health!”* – Luke 17:19 (AMP)

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Three additional benefits –

1. Greater Motivation

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***“Whatever you eat,
whatever your drink,
whatever you do, you must
do it all for the glory of
God.”*** – 1 Corinthians 10:31 (NLT)

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Three additional benefits –

2. Greater Reward.

“Athletes train and practice self-control in order to win a reward that will soon fade and be forgotten. But we do it for one that will last forever.” – 1 Corinthians 9:25

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Three additional benefits –

3. Greater Power

“God is now working in you, giving you the desire and the power to do what pleases him.” – Philippians 2:13 (NLT)

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