

# RENEWBODY- "HEALTHY HABITS"

*"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*

**I grow strong by refusing what's wrong.**

*"When the time of the contest 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. \_\_\_\_\_!

*"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 Cor. 6:13*

**Two things Leading Doctors in America are Saying –**

- **We should be eating: real, whole, fresh food.**

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

- **If it has a label or comes in a box or package or can, it's probably not good for you.**

2. \_\_\_\_\_.

*"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)*

*"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 healthy to the whole body. Be careful what you think, because your thoughts run your life!" – Proverbs 4:21-23 (NCV)*

3. \_\_\_\_\_.

**Two ways you can create energy:**

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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)*

**Jesus said the Sabbath was made for man, not man for the Sabbath.**

*“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)*

4. \_\_\_\_\_.

*“Two are better 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 no one to help him.” – Ecc. 4:9-10*

*“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)*

5. \_\_\_\_\_.

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

**Three additional benefits –**

1. \_\_\_\_\_.

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

2. \_\_\_\_\_.

*“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*

3. \_\_\_\_\_.

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

**Reflect: How will you apply this teaching? What really stood out to you in this message?**

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