

I am praying that all is well with you and that your body is as healthy as your soul. 3 John 1:2 TLB

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 stuffing your body with food, or indulging it with sexual immorality. Since the Lord honors you with a body, honor him with your body! 1 Corinthians 6:13 MSG

2. _____

God: “Don’t ever forget my words; keep them always in mind. They are the key to life for those who find them; they bring health to the whole body. Be careful what you think, because your thoughts run your life.” Proverbs 4:21-23 NCV

3. _____

Keep yourself in training for a godly life. Physical exercise has some value, 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 GNT

4. _____

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

5. _____

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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