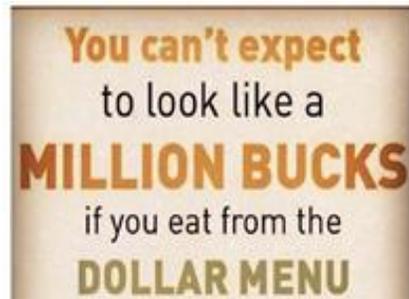


"I pray that all is well with you and that your body is as healthy as I know your soul is!" 3 John 1:2 (NLT)

"Don't depend on your own wisdom. Respect the Lord & refuse to do wrong. Then your body will be healthy and your bones will be strong." Proverbs 3:7-8 (NCV)

Three Health Hurdles:

- 1. _____ body image
- 2. _____ food
- 3. _____ pace



"I know what I have to do if I want to lose weight & stay healthy: eat a proper diet & exercise. All I've got to do is apply it"
 _____ (over 300lbs and died of heart attack at 43)

"I see that you've just been eating whatever you want and not exercising." A quote attributed to _____

"I really want to go to Heaven; I just don't want to go today."
 Connie _____ (my mother said to me recently)

FIVE HEALTHY HABITS for a LONG PRODUCTIVE LIFE

1. HEALTHY PEOPLE _____

"At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food assigned to the king." Daniel 1:15

"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)

2. HEALTHY PEOPLE _____

"Your eyes are the lamp of your body. 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)

Unhealthy focus=bad life Healthy focus=good life

"My child pay attention to what I say. Listen carefully to my words. Don't lose sight of them. Let them penetrate deep into your heart, for they bring life to those who find them, and healing to their whole body. Guard your heart above all else, for it determines the course of your life." Proverbs 4:20-23

Be careful what you think because your thoughts rule your mind.

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect." Romans 12:2

3. HEALTHY PEOPLE _____

Two things needed in energy management: _____ & _____

“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)

“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

4. HEALTHY PEOPLE _____

“Two people are better off than one for they can help each other succeed. If one person falls, the other can reach out & help. But someone who falls alone is in real trouble.” Ecclesiastes 4:9-10

“So let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.” Hebrews 10:25

5. HEALTHY PEOPLE _____

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

Benefit one: GREATER _____

“Whatever you eat or drink or whatever you do, you must do it all for the glory of God.” 1 Corinthians 10:31

Benefit Two: GREATER _____

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

Benefit Three: GREATER _____

“All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize.” 1 Corinthians 9:25

Eat Less & Move More = Less Tired & More Energy

Foothills Methodist Church making disciples of Jesus Christ



**From where you are
to where God wants you to be**

“Eating & Exercising for Life”

**Healthy Living is as easy as A B C D E
Acting Boldly to Change Diet & Exercise**

Pastor Brad Chesebro

August 29, 2021

10:00am Worship

Foothillsunitedmethodist.org