

Larry Tomczak's Week in Review: How to Stay Healthy and Age Well

Your body is a temple, not a cathedral. Time to reset and make sure you live long and healthy for the glory of God.

Is this something God has been speaking to you? Psalm 91 talks of enjoying long life, but there are certain insights, principles and guidelines given us by God to bring it to pass.

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The American Journal of Chemical Nutrition recently published some excellent tips that we would be wise to survey and set into our lives. This video commentary tackles the subject because too many Christians admit in the summer they've been letting themselves go and times at the beach make it all too apparent.

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The Bible says of Jesus, "He grew in wisdom and stature and in favor with God and man" (Luke 2:52). This four-fold development—mentally, physically, spiritually and socially—should guide us on the right pathway no matter what our age or season of life.

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Take a few minutes and watch this helpful video commentary to inspire you to "lay hold of that for which he laid hold of

you”(Phil. 3:12) so you’ll finish strong and leave a lasting legacy for the glory of God.

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Larry Tomczak is a best-selling author of 10 books, cultural commentator of 50 years, Intercessors for America board member and a public policy adviser with Liberty Counsel. Go to to watch 30 amazing, free, brief, on-demand videos by America’s top leaders so you can confidently address today’s tough issues.