

WATCH: Why Your Physical Health Is Crucial to Your Spiritual Health

In this transparent and timely discussion, Pastor Shane Idleman discusses why health and fitness are so important and how they affect spiritual health.

He also talks directly to pastors and Christian leaders regarding this very important topic of stewarding their health.

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Shane Idleman *is the founder and lead pastor of Westside Christian Fellowship in Southern California. More can be found at [www.shaneidleman.com](#), and free downloads of his books are available at [www.shaneidleman.com](#). Visit him on Facebook and subscribe to his podcast.*

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