

Healing for Your Thoughts

Medical studies prove what the Bible established long ago—harboring negative emotions destroys one's health. Healed hearts produce healthier bodies and more fulfilled lives

READ: Prov. 3:5-8; Prov. 4:20-23; Is. 58:6-12; 1 Thess. 5:16-24; 2 Tim. 1:7; 3 John 1:2.

HEART ISSUE: What negative emotions could be affecting your current health?

PRAYER FOCUS: Father, thank You for the wisdom of Your Word. Help us forgive offenses quickly and trust Your unfailing love to make (and keep) us whole. Amen.

Read a companion article.