

Heart-Healthy Living

(PART 1)

God has equipped us with all that is necessary to lead disciplined lives. His Word gives us guidelines that will safeguard our health—spiritually, physically and emotionally.

READ: Prov. 4:23; 2 Cor. 12:9; Phil. 4:13; 2 Tim.1:7; Titus 2:11-12; 2 Pet. 1:3

HEART ISSUE: Why does it take more than sheer determination to alter our health habits?

PRAYER FOCUS: Father, thank You for Your provision for my every need. I want a strong, healthy heart. I know it is Your will for me to make wise choices that will lead me to better health. Teach me to surrender my will to You. Amen.

(PART 2)

The Bible teaches us to keep our flesh under subjection. In the Word, self-indulgence and gluttony are linked with other dangerous sins. Properly caring for our bodies will prepare us for a greater release of Christ's anointing and power.

READ: Is. 40:29-31; Ezek. 36:25-27; Rom. 8:9-13; Phil. 2:5-11; 2 Tim. 3:1-5; Titus 3:3-7.

HEART ISSUE: How does practicing good health habits honor the Lord?

PRAYER FOCUS: Father, Your grace is amazing. Thank You for Your promises of authority and victory as we are transformed into the image of Your precious Son. Amen.

Read a companion article.