

HEALTH

YOUR LIFE DEPENDS ON IT



BeholdtheSavior.com

A photograph of a wooden desk with a laptop, a white mug of coffee, a pen, and a notebook. The text 'ONLINE Prayer Meeting' is overlaid in white. 'ONLINE' is in a bold, sans-serif font, while 'Prayer Meeting' is in a large, white, cursive script font. The background shows a window with blinds and a dark chair.

ONLINE
Prayer
Meeting

TUESDAYS
AT 7 PM

HEALTH

YOUR LIFE DEPENDS ON IT



BeholdtheSavior.com



“If you diligently heed the voice of the LORD your God and do what is right in His sight, give ear to His commandments and keep all His statutes,

Exodus 15:26





I will put none of the diseases on you which I have brought on the Egyptians. For I *am* the LORD who heals you.”

Exodus 15:26



HEALTH
YOUR LIFE DEPENDS ON IT

- **Atherosclerosis**



HEALTH

YOUR LIFE DEPENDS ON IT

- **Atherosclerosis**
- **Heart Disease**



HEALTH

YOUR LIFE DEPENDS ON IT

- **Atherosclerosis**
- **Heart Disease**
- **Obesity**



HEALTH

YOUR LIFE DEPENDS ON IT

- **Atherosclerosis**
- **Heart Disease**
- **Obesity**
- **Cancer**



HEALTH

YOUR LIFE DEPENDS ON IT

- **Atherosclerosis**
- **Heart Disease**
- **Obesity**
- **Cancer**
- **Tooth Decay**



HEALTH

YOUR LIFE DEPENDS ON IT

- **Atherosclerosis**
- **Heart Disease**
- **Obesity**
- **Cancer**
- **Tooth Decay**
- **Stress**





Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

3 John 2





Do you not know that you are the temple of God and *that* the Spirit of God dwells in you?

1 Corinthians 3:16





If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which *temple* you are.

1 Corinthians 3:17



HEALTH
YOUR LIFE DEPENDS ON IT



What if we treated the church like we treat our bodies?



BeholdtheSavior.com



But the fruit of the Spirit is love,
joy, peace, longsuffering,
kindness, goodness, faithfulness,

Galatians 5:22





gentleness, self-control
(temperance). Against such there
is no law.

Galatians 5:23





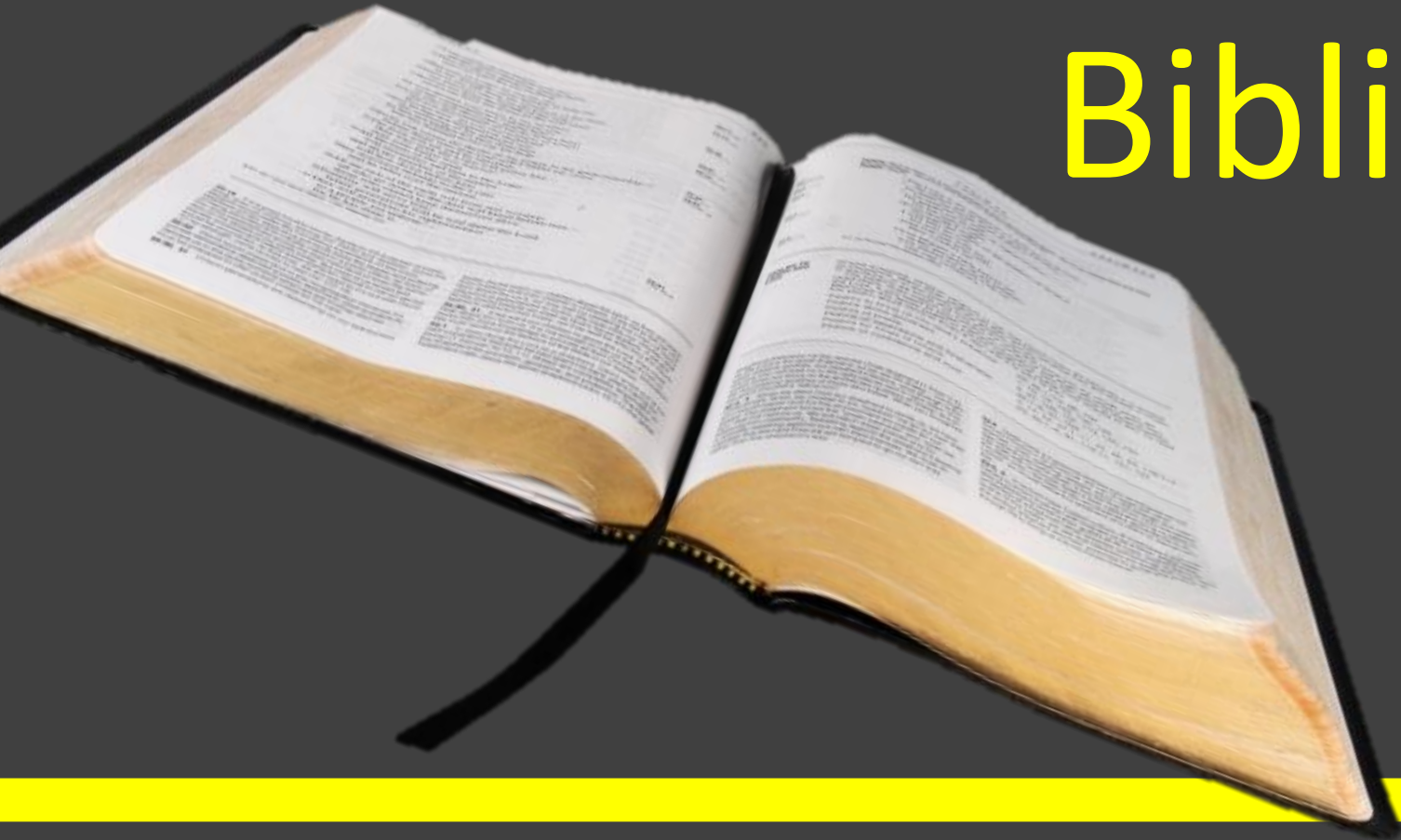
Self-control (temperance)

Egrateia = the virtue of one who masters his desires and passions, especially his sensual appetites

Strong-Lite: G1466



HEALTH
YOUR LIFE DEPENDS ON IT



Biblical health principles



BeholdtheSavior.com



A. Eat your meals at regular intervals, and do not use animal fat or blood. (Ecclesiastes 10:17) (Leviticus 3:17)



B. Don't overeat.

(Proverbs 23:2) (Luke 21:34)



**C. Don't harbor envy or hold grudges.
(Proverbs 14:30) Matthew 5:23, 24)**



D. Maintain a cheerful, happy disposition.
(Proverbs 17:22) (Proverbs 23:7)



E. Put full trust in the Lord.

(Proverbs 19:23) (Proverbs 4:20, 22)



F. Balance work and exercise with sleep and rest.

(Exodus 20:9, 10) (Ecclesiastes 5:12) (Genesis 3:19) (Psalm 127:2)
(Ecclesiastes 2:22, 23)



G. Keep your body clean.
(Isaiah 52:11).



**H. Be temperate in all things.
(1 Corinthians 9:25) (Philippians 4:5)**



I. Avoid anything harmful to the body
(1 Corinthians 3:16, 17)



**J. Make mealtime a happy time.
(Ecclesiastes 3:13)**



K. Help those who are in need.
(Isaiah 58:6–8)



Closing Hymn - #590
Trust and Obey

HEALTH

YOUR LIFE DEPENDS ON IT



BeholdtheSavior.com