THE EDGE OF TRANSFORMATION, part 2

the five habits of healthy people

… for God is working in you, giving you the desire and the power to do what pleases Him.

Philippians 2:13 (NLT)

Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit.

3 John 1:2 (NLT)

Do not be wise in your own eyes; fear the Lord and shun evil.  
This will bring health to your body and nourishment to your bones.

Proverbs 3:7-8

#1: HEALTHY PEOPLE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(\_\_\_\_\_\_\_\_\_\_\_\_ factor)

“You know the old saying, ‘First you eat to live, and then you live to eat?’ Well, your body is only temporary, but that’s no excuse for either stuffing your body with food, or indulging it with sexual immorality. Since the Lord honored you with a body, now honor him with your body!”

1 Corinthians 6:13 (MSG)

#2: HEALTHY PEOPLE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(\_\_\_\_\_\_\_\_\_\_\_\_ factor)

Your eye is the lamp of your body. When your eyes are healthy, your whole body also is full of light. But when they are unhealthy, your body also is full of darkness.

Luke 11:34 (NIV)

My son, pay attention to what I say; turn your ear to My words.

Do not let them out of your sight, keep them within your heart;  
for they are life to those who find them and health to one’s whole body.  
Above all else, guard your heart, for everything you do flows from it.

Proverbs 4:21-23 (NIV)

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Philippians 4:8 (NIV)

#3: HEALTHY PEOPLE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(\_\_\_\_\_\_\_\_\_\_\_\_ factor)

It is useless for you to work so hard from early morning until late at night,  
anxiously working for food to eat; for God gives rest to His loved ones.

Psalm 127:2 (NLT)

“Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”

1 Timothy 4:8 (NLT)

#4: HEALTHY PEOPLE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(\_\_\_\_\_\_\_\_\_\_\_\_ factor)

Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.

Ecclesiastes 4:9-10 (NLT)

Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

Hebrews 10: 24-25 (NLT)

#5: HEALTHY PEOPLE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(\_\_\_\_\_\_\_\_\_\_\_\_ factor)

“Jesus said to the sick man, ‘Get up and get going! Your faith has restored you to health!’” Luke 17:19 (Amp)

Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take.

Proverbs 3:5-6 (NLT)

* GREATER \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

So whether you eat or drink or what ever you do: do it all for the glory of God.

1 Corinthians 10:31 (NIV)

* GREATER \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize.

1 Corinthians 9:25 (NLT)

* GREATER \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

… for God is working in you, giving you the desire and the power to do what pleases Him.

Philippians 2:13 (NLT)