

## THE WHY

Because we drift and drifts are dangerous, we must routinely recalibrate.

## BASIC REALITY

We all are trying to figure out a recipe for a happy, healthy life.

## THE SAD TRUTH

A consistently healthy life feels almost unattainable.

## CHRISTIAN HEALTH

How do we attain the abundant life?

## RECALIBRATE - RECOGNIZE

My health needs His help.

## EVALUATE

- Nourishment - What are you taking in?
- Refreshment - When are you taking off?
- Direction - Where are you taking yourself?

## ADJUST

Proactively rely on Jesus with your health instead of reactively resorting to Jesus.

## DO

Spend more time with Jesus.