

THE FIVE HABITS OF HEALTHY PEOPLE

TRANSFORMED – Part 2

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“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 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, NIV)

THE FIVE HEALTHY HABITS

THE DANIEL PLAN

“When the time was up, they looked healthier and stronger than all those who had been eating the royal food.” (Daniel 1:15, GNB)

1. HEALTHY PEOPLE EAT HEALTHY FOODS. (FOOD factor)

“You know the old saying, “First you eat to live, and then you live to eat”? Well, it may be true that the body is only a temporary thing, but that’s no excuse for stuffing your body with food, or indulging it with sex. Since the Master honors you with a body, honor him with your body!” (1 Corinthians 6:13, The Message)

2. HEALTHY PEOPLE DISCOVER HEALTHY FACTS. (FOCUS factor)

“Your eye is the lamp of your body. When your eye is healthy, your whole body is full of light, but when it is bad, your body is full of darkness.” (Luke 11:34, ESV)

“Don’t ever forget my words; keep them always in mind. They are the key to life for those who find them; they bring health to the whole body. Be careful what you think, because your thoughts run your life.” (Proverbs 4:21–23, NCV)

3. HEALTHY PEOPLE KEEP A HEALTHY RHYTHM. (FITNESS factor)

“It is senseless for you to work so hard from early morning until late at night, fearing you will starve to death; for God wants his loved ones to get their proper rest.” (Psalm 127:2, The Living Bible)

“As the saying goes, “Exercise is good for your body, but religion helps you in every way. It promises life now and forever...” (1 Timothy 4:8, CEV)

4. HEALTHY PEOPLE BUILD HEALTHY COMMUNITY. (FRIEND factor)

“Two are better off than one, because together they can work more effectively. If one of them falls down, the other can help him up. But if someone is alone and falls, it’s just too bad, because there is no one to help him.” (Ecclesiastes 4:9–10, GNB)

“Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more, since you see that the Day of the Lord is coming nearer.” (Hebrews 10:25, GNB)

5. HEALTHY PEOPLE KNOW WHERE TO BE WEAK. (FAITH factor)

“And He said to him, Get up and go on your way. Your faith has restored you to health.” (Luke 17:19, ANT)

- **GREATER MOTIVATION.**
“So whether you eat or drink, or whatever you do, do it all for the glory of God.” (1 Corinthians 10:31, NLT)
- **GREATER REWARD.**
“Athletes work hard to win a crown that cannot last, but we do it for a crown that will last forever.” (1 Corinthians 9:25, CEV)
- **GREATER POWER.**
“For God is working in you, giving you the desire and the power to do what pleases him.” (Philippians 2:13, NLT)

ACTIONS:
DAILY DEVOTIONAL
DANIEL PLAN DETOX