

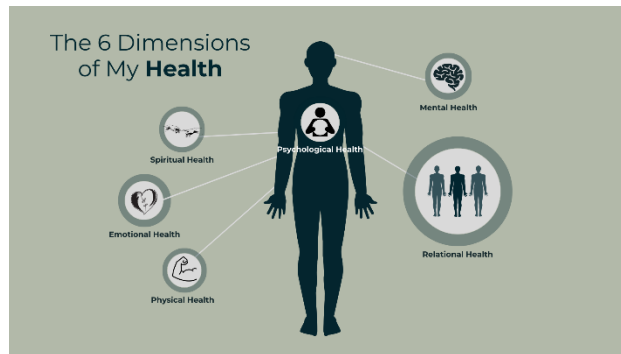
HEALING FOR MY BODY

RESTORE: Part 7

November 16, 2025

Pastor Brian

*"O Lord my God, I cried to you for help, and YOU RESTORED MY HEALTH."
(Psalm 30:2, NLT)*



3 BIBLICAL TRUTHS ABOUT MY BODY

1. MY BODY IS OWNED & LOANED BY GOD.

"...our bodies were made...for the Lord, and the Lord cares about our bodies." (1 Corinthians 6:13, NLT)

2. MY BODY WAS BOUGHT WITH A PRICE.

"...You are not your own; you were bought at a price. Therefore, honor God with your bodies." (1 Corinthians 6:19–20, NIV)

3. GOD EXPECTS ME TO TAKE CARE OF MY BODY.

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength." (Mark 12:30, NIV)

"“I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but I will not be mastered by anything.” (1 Corinthians 6:12–13a, NIV)

4 BIBLICAL KEYS TO HEALTH

"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." (3 John 2, NIV)

1. **TRUSTING GOD** IS GOOD FOR MY HEALTH.

"A peaceful heart leads to a healthy body; jealousy is like cancer in the bones." (Proverbs 14:30, NLT)

2. **EATING NUTRITIOUS** IS GOOD FOR MY HEALTH.

"So whether you eat or drink, or whatever you do, do it all for the glory of God." (1 Corinthians 10:31, NLT)

3. **REGULAR EXERCISE** IS GOOD FOR MY HEALTH.

"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 4:8–9, CEV)

"I discipline my body like an athlete, training it to do what it should." (1 Corinthians 9:27a, NLT)

4. **MAKING SMALL CHANGES** OVER TIME IS GOOD FOR MY HEALTH.

"Wealth gained hastily will dwindle, but whoever gathers LITTLE BY LITTLE will increase it." (Proverbs 13:11, ESV)

QUESTION

Is my current lifestyle **HELPING** or **HARMING** my health?

"When Jesus saw him and knew he had been ill for a long time, he asked him, 'Would you like to get well?'" (John 5:6, NLT)

"You made me; you created me. Now give me the sense to follow your commands." (Psalm 119:73, NLT)

ACTION STEP

Healthy Habits Worksheet