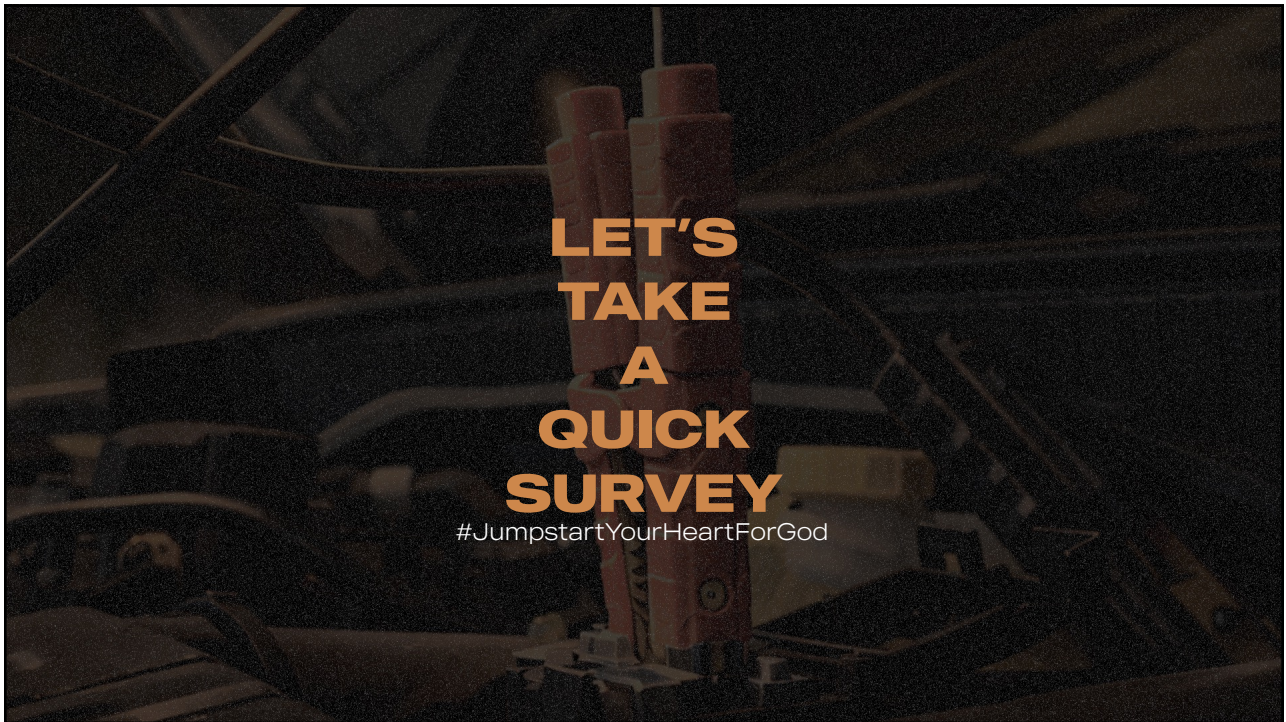
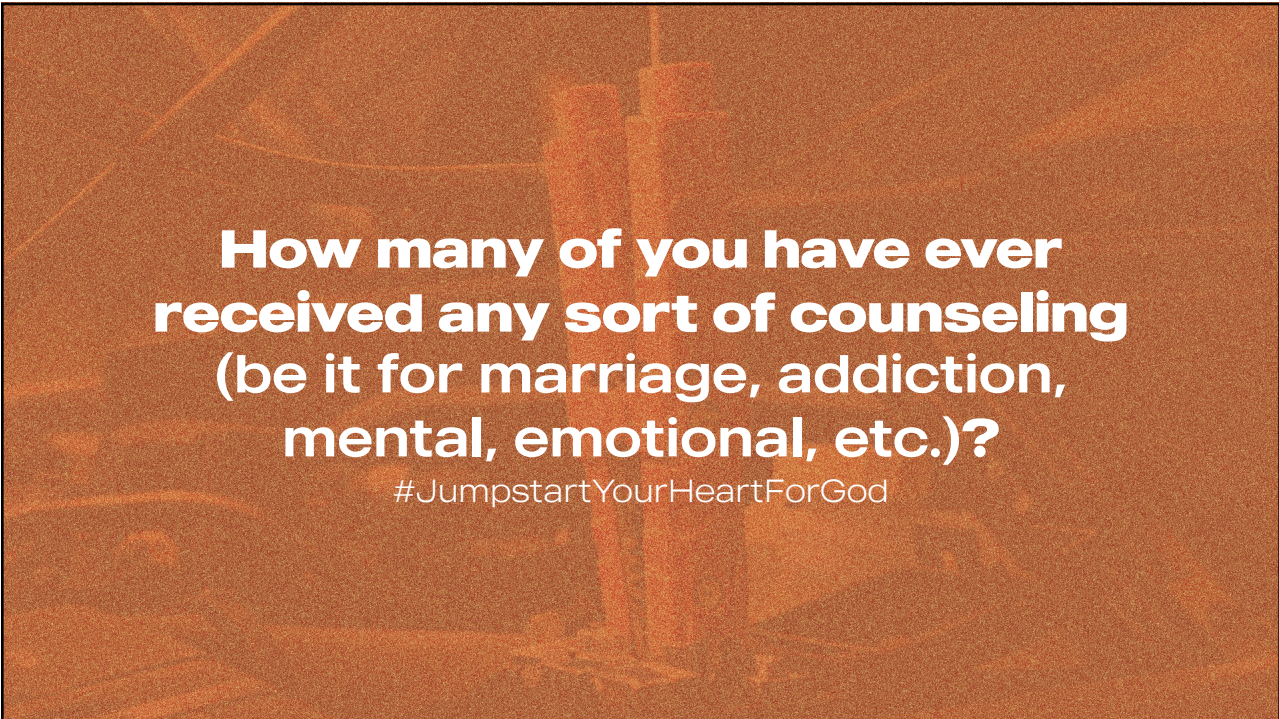




1




2



**How many of you have ever  
received any sort of counseling  
(be it for marriage, addiction,  
mental, emotional, etc.)?**

#JumpstartYourHeartForGod

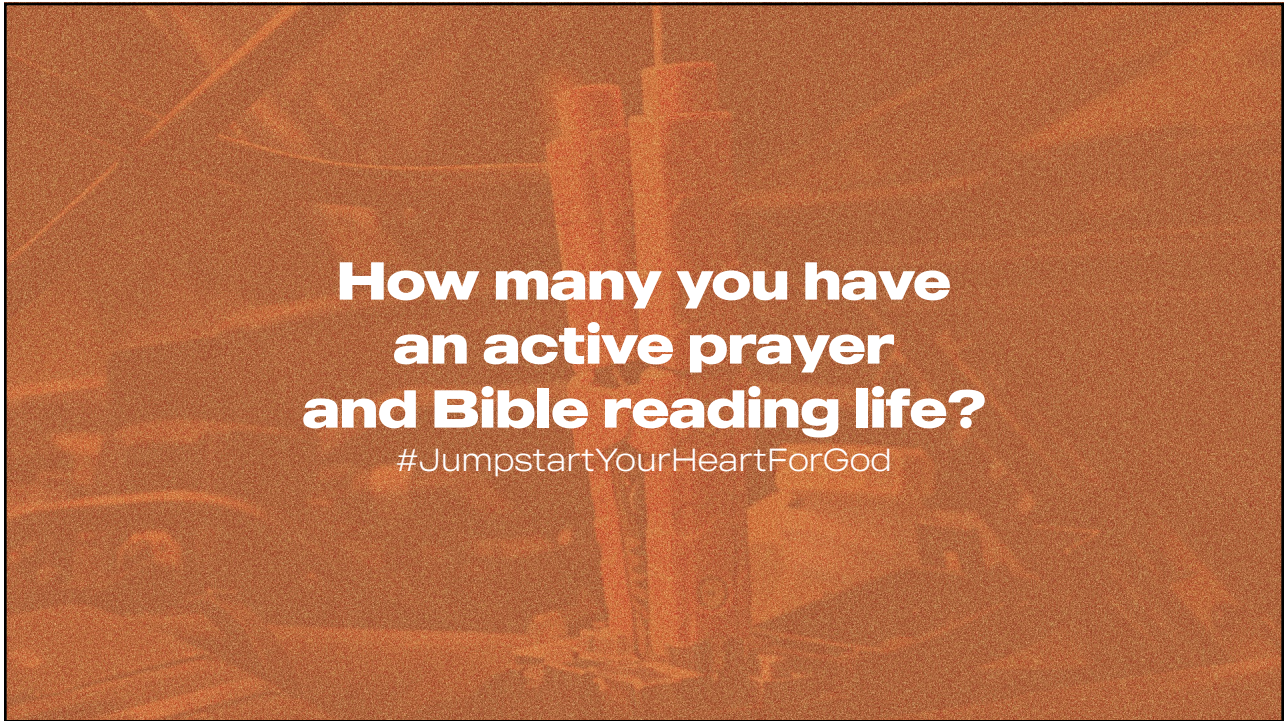
3



**How many of you have  
some sort of regular and ongoing  
exercise routine?**

#JumpstartYourHeartForGod

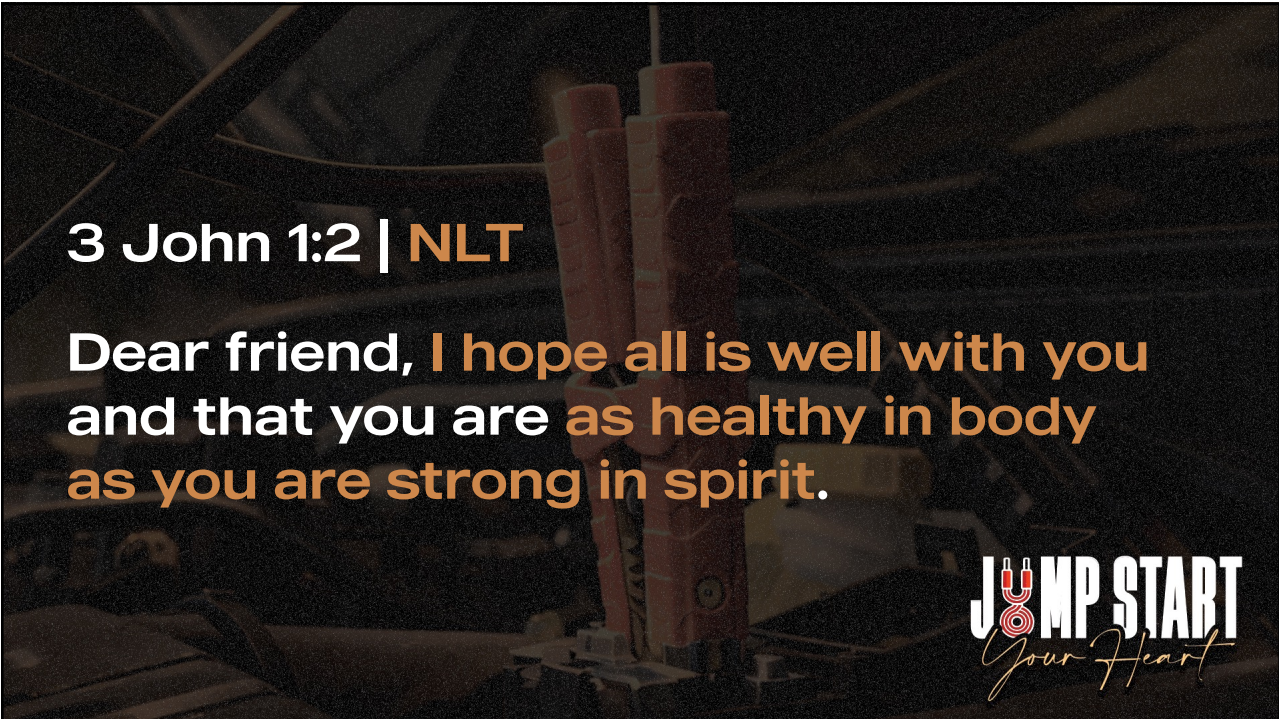
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5



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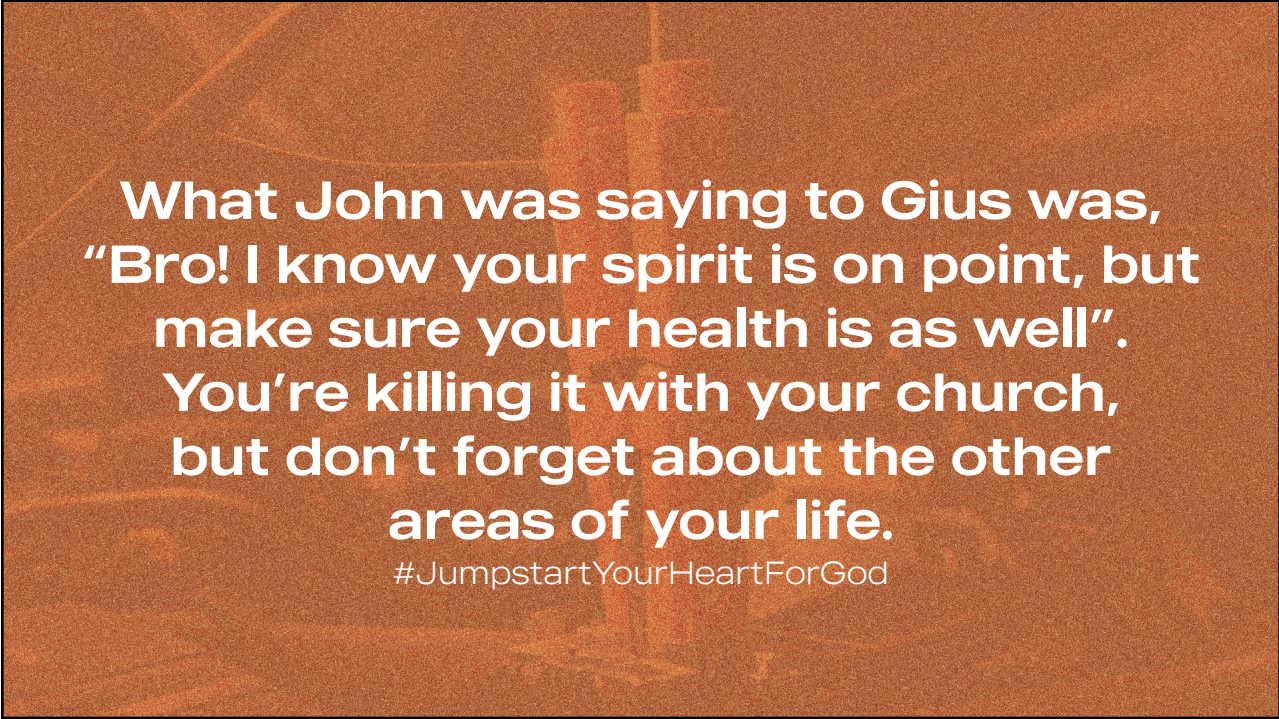


3 John 1:2 | **NLT**

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



7



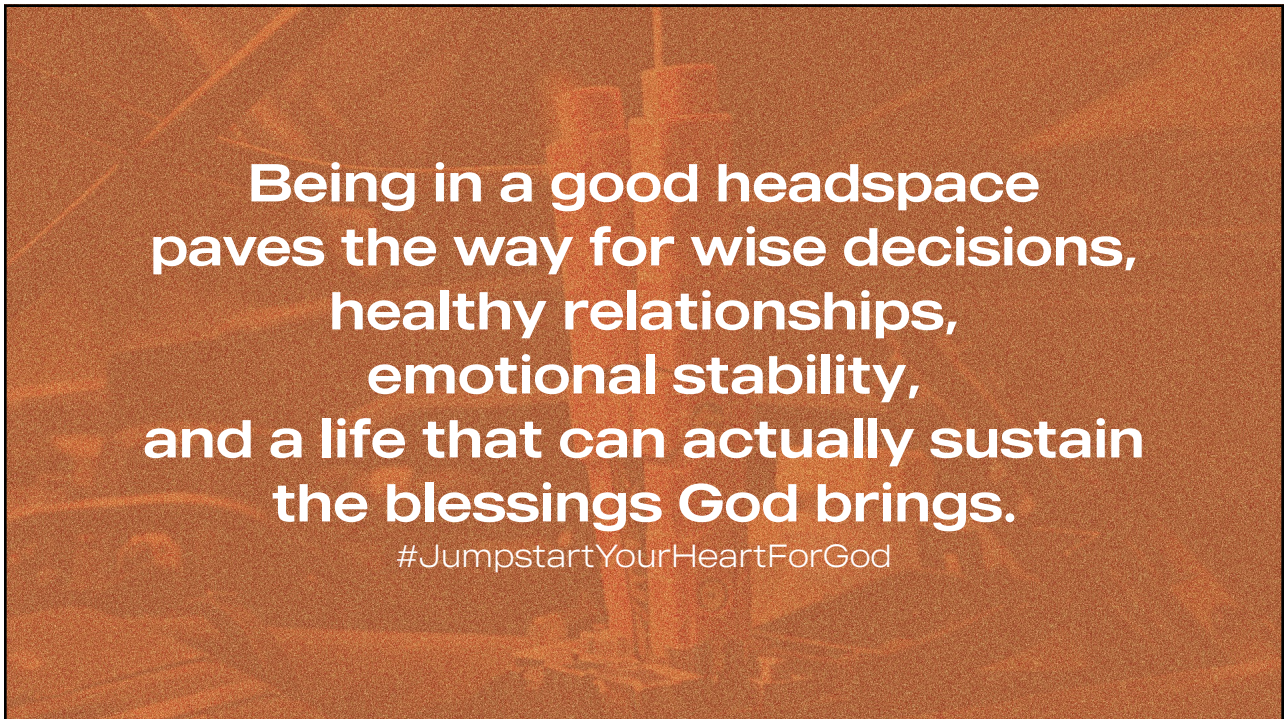
What John was saying to Gius was,  
“Bro! I know your spirit is on point, but  
make sure your health is as well”.  
You’re killing it with your church,  
but don’t forget about the other  
**areas of your life.**

#JumpstartYourHeartForGod

8



9



10

We all need to jumpstart our hearts  
for better health  
because the mission matters.  
And because the mission matters,  
we can't wait til later  
to get ourselves together.

#JumpstartYourHeartForGod

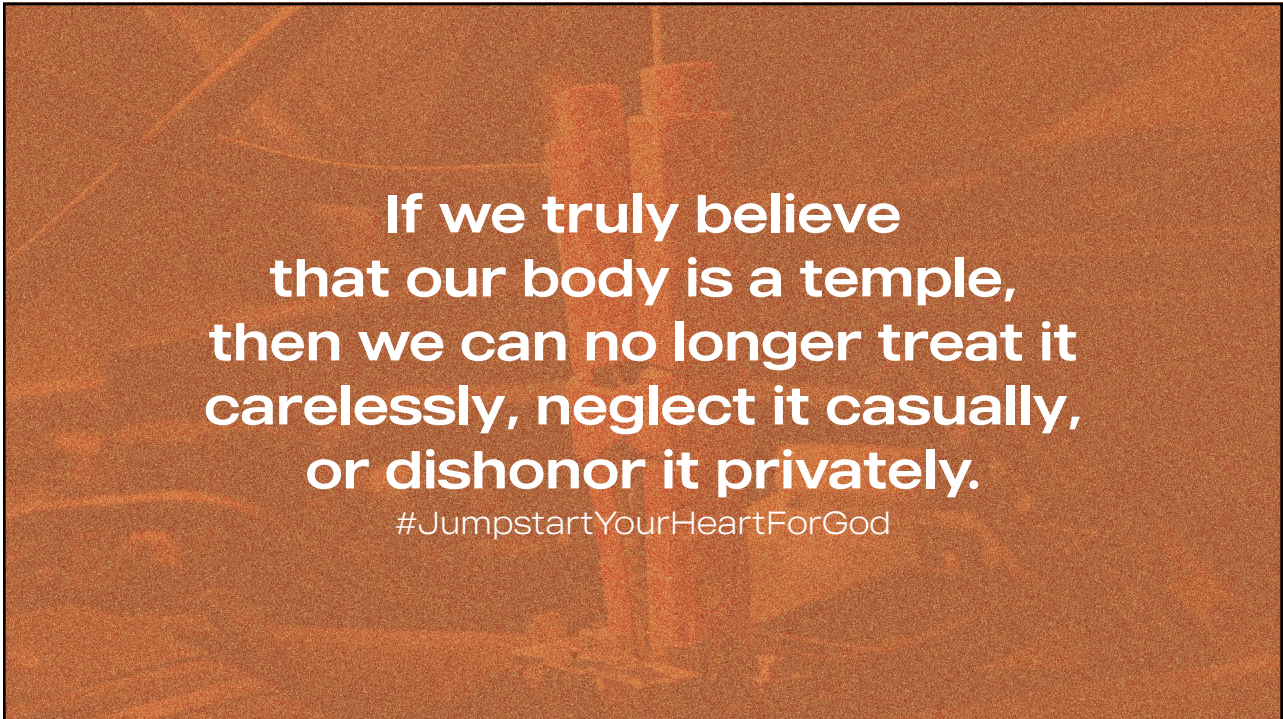
11

1 Corinthians 6:19 | **The Voice**

Don't you know that **your body is the temple of the Holy Spirit** who comes from God and dwells inside of you? You do not own yourself.

**JUMP START**  
*Your Heart*

12



**If we truly believe  
that our body is a temple,  
then we can no longer treat it  
carelessly, neglect it casually,  
or dishonor it privately.**

#JumpstartYourHeartForGod

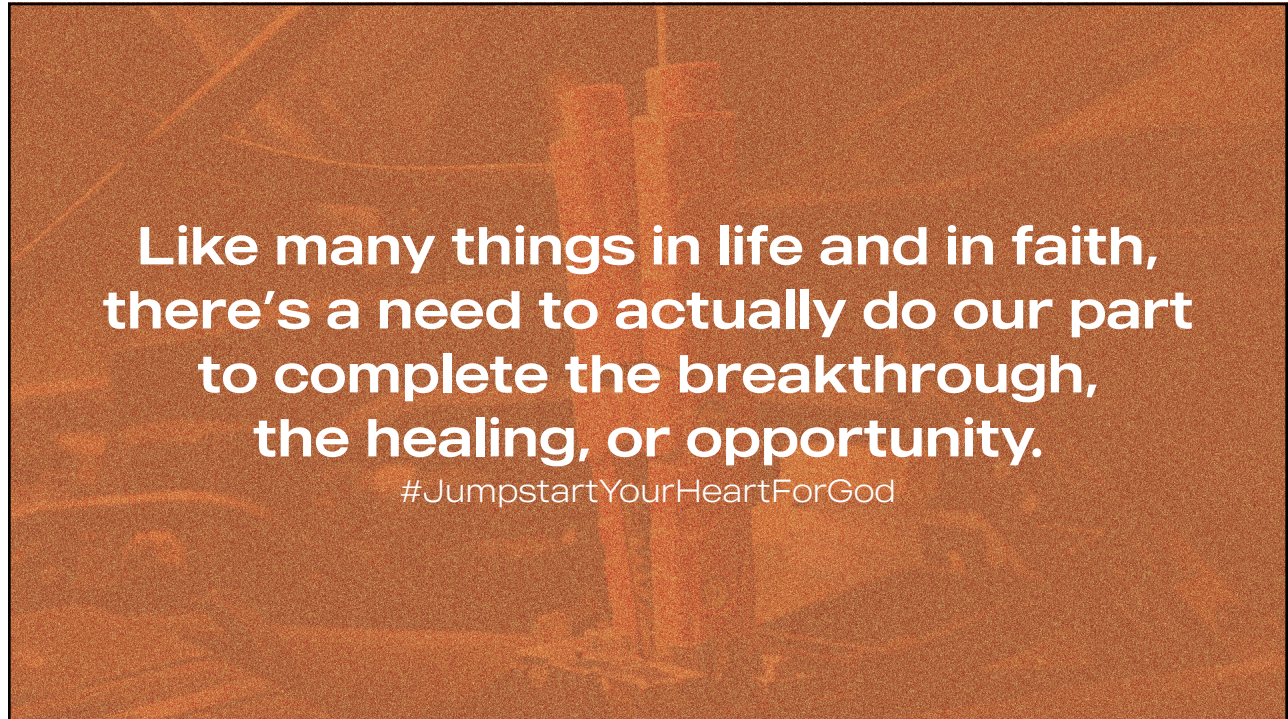
13



**WE  
HAVE  
TO  
ACTIVATE  
HEALTH**

#JumpstartYourHeartForGod

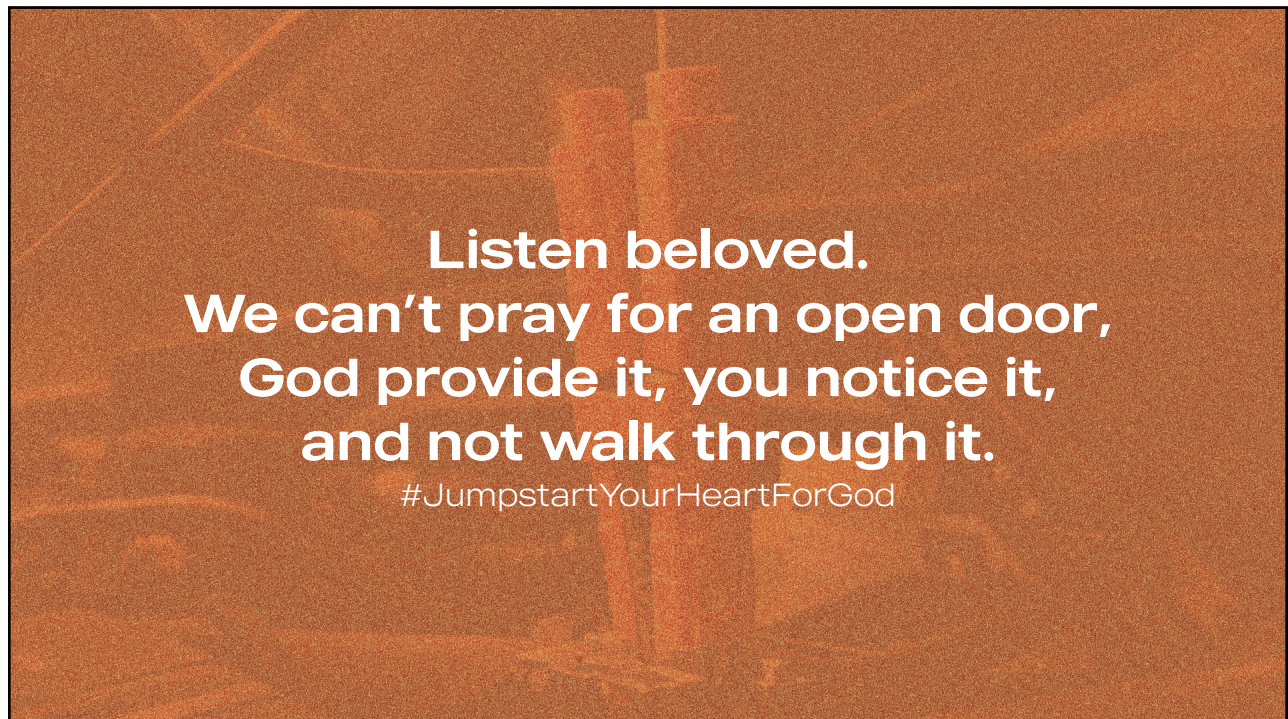
14



**Like many things in life and in faith,  
there's a need to actually do our part  
to complete the breakthrough,  
the healing, or opportunity.**

#JumpstartYourHeartForGod

15



**Listen beloved.  
We can't pray for an open door,  
God provide it, you notice it,  
and not walk through it.**

#JumpstartYourHeartForGod

16

2 Kings 5:10-11 | NIV

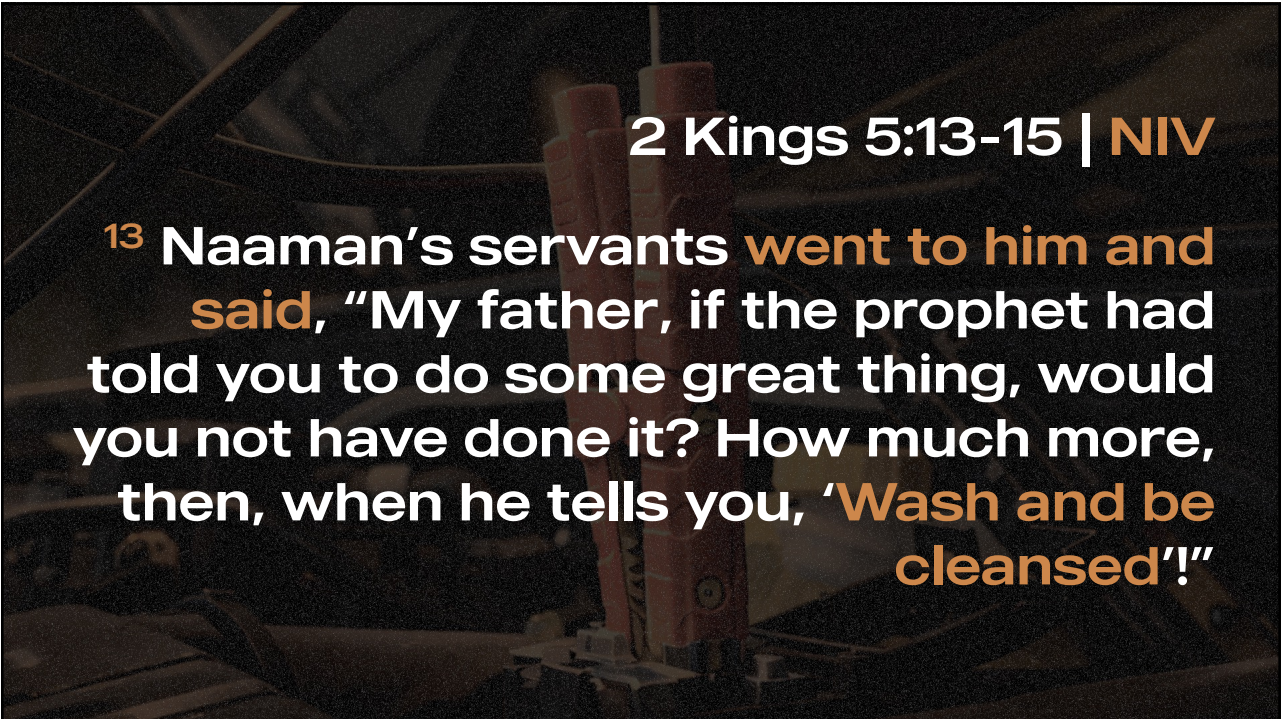
<sup>10</sup> Elisha sent a messenger to say to him, “Go, wash yourself seven times in the Jordan, and your flesh will be restored and you will be cleansed.”



17

<sup>11</sup> But Naaman went away angry and said, “I thought that he would surely come out to me and stand and call on the name of the Lord his God, wave his hand over the spot and cure me of my leprosy.

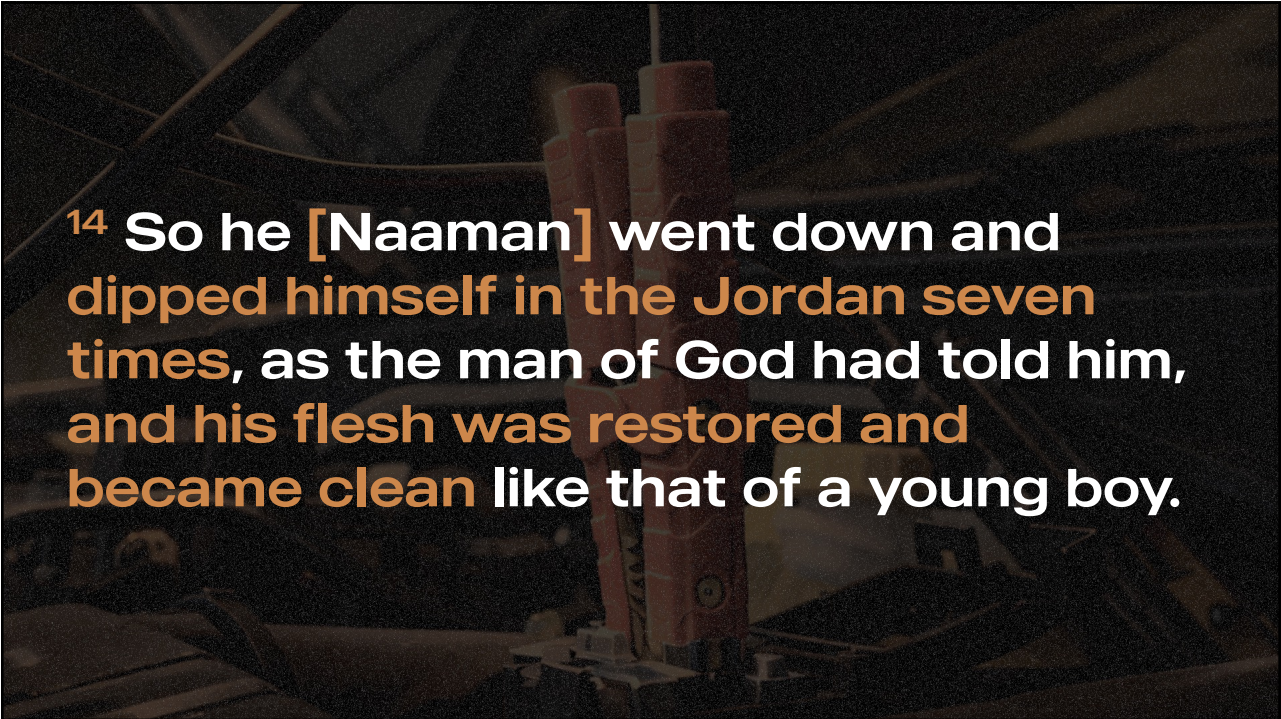
18



2 Kings 5:13-15 | NIV

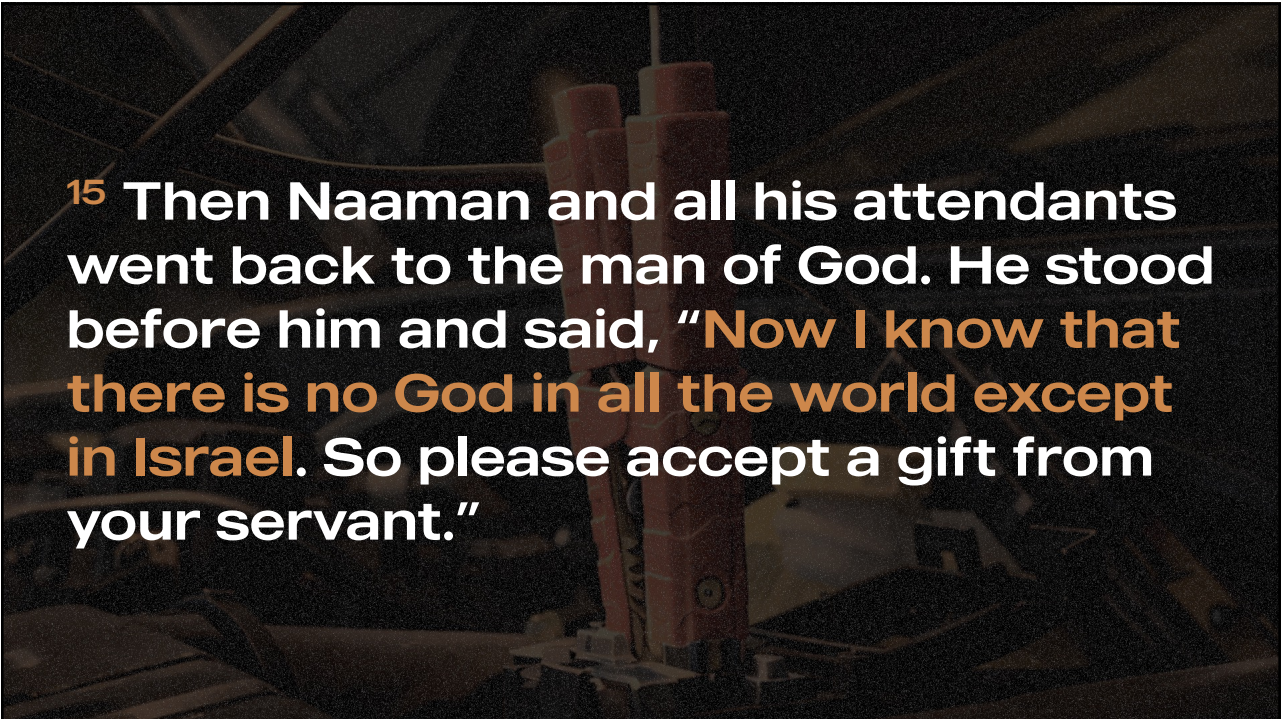
<sup>13</sup> Naaman's servants **went to him and said**, "My father, if the prophet had told you to do some great thing, would you not have done it? How much more, then, when he tells you, '**Wash and be cleansed**'!"

19



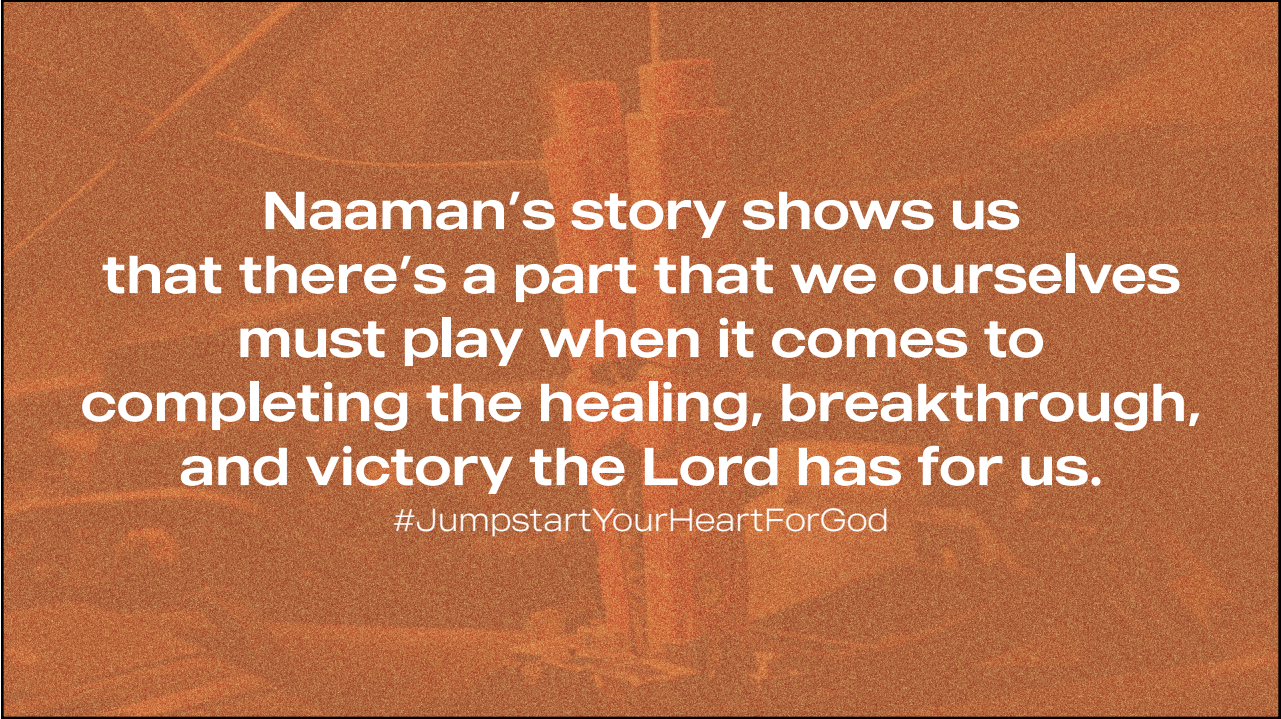
<sup>14</sup> So he [Naaman] went down and **dipped himself in the Jordan seven times**, as the man of God had told him, **and his flesh was restored and became clean** like that of a young boy.

20



**15** Then Naaman and all his attendants went back to the man of God. He stood before him and said, **"Now I know that there is no God in all the world except in Israel.** So please accept a gift from your servant."

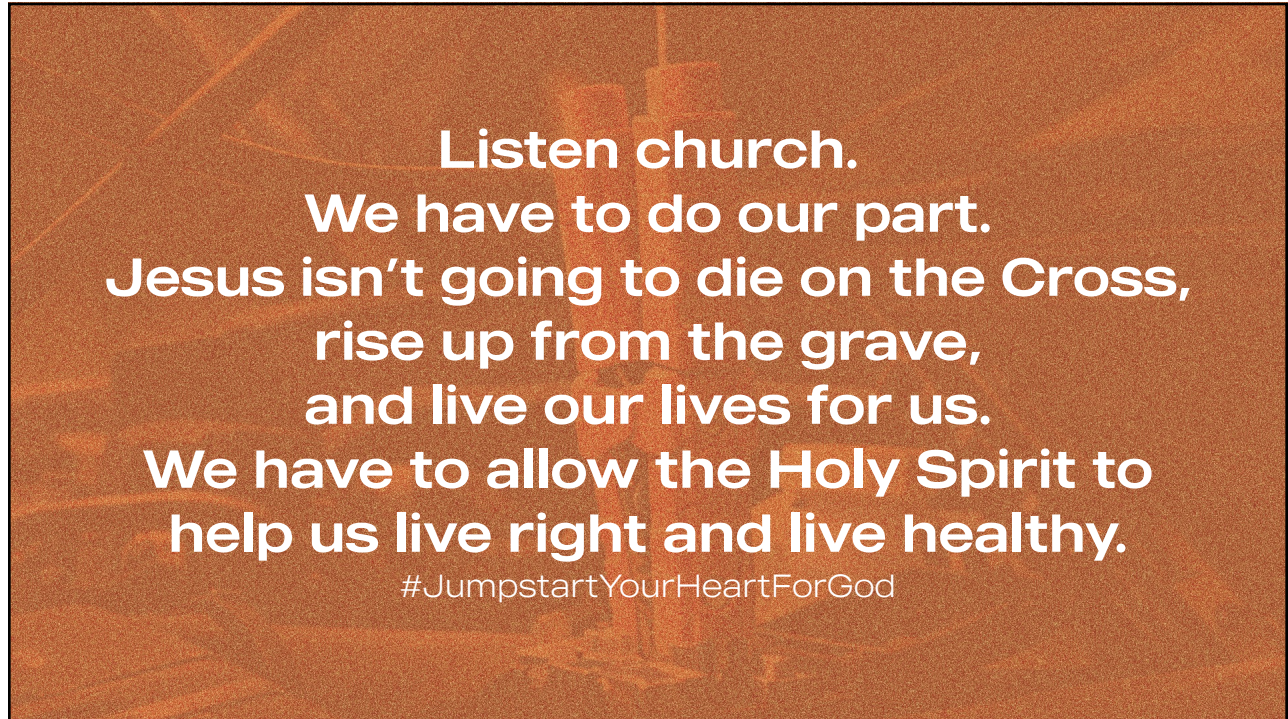
21



**Naaman's story shows us that there's a part that we ourselves must play when it comes to completing the healing, breakthrough, and victory the Lord has for us.**

**#JumpstartYourHeartForGod**

22



23



24



Grab ahold of this friends.  
Faith is not just about heaven,  
it's about how we live here.

#JumpstartYourHeartForGod

25

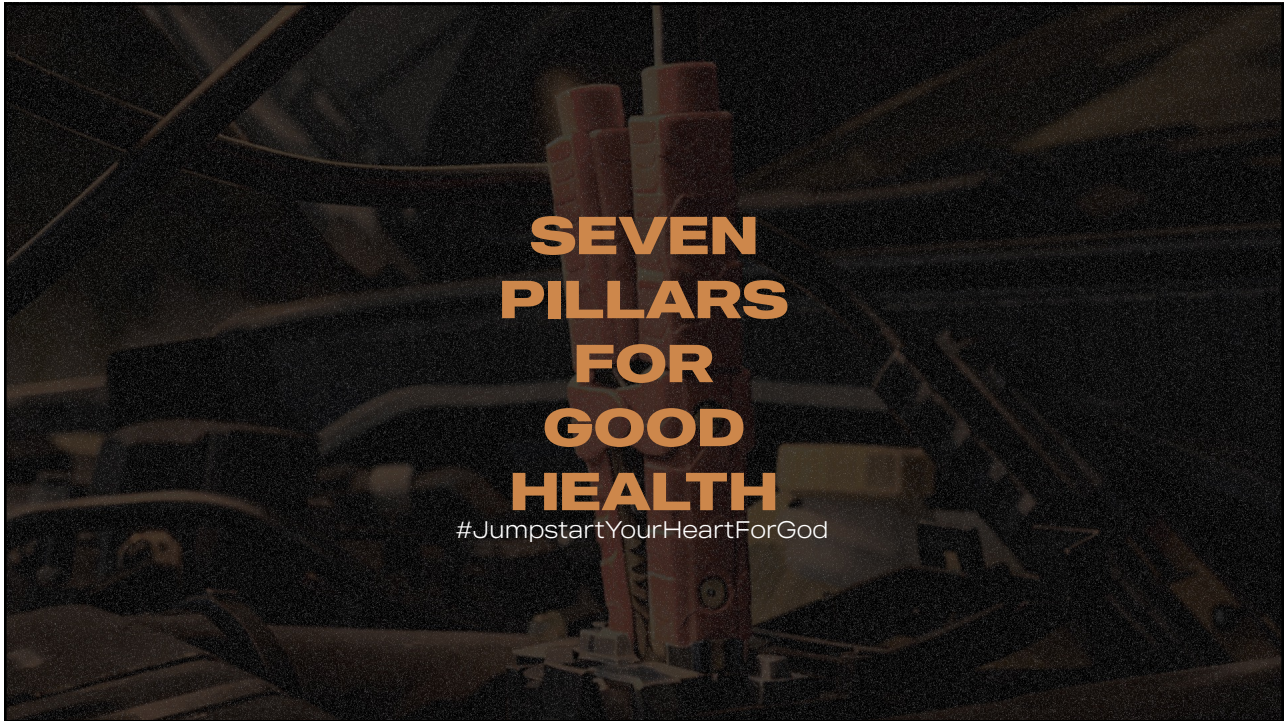


1 Thessalonians 5:23 | **TLB**

May the God of peace himself make  
you entirely pure and devoted to God;  
and **may your spirit and soul and body**  
be kept strong and blameless until that  
day when our Lord Jesus Christ  
comes back again.

**JUMP START**  
*Your Heart*

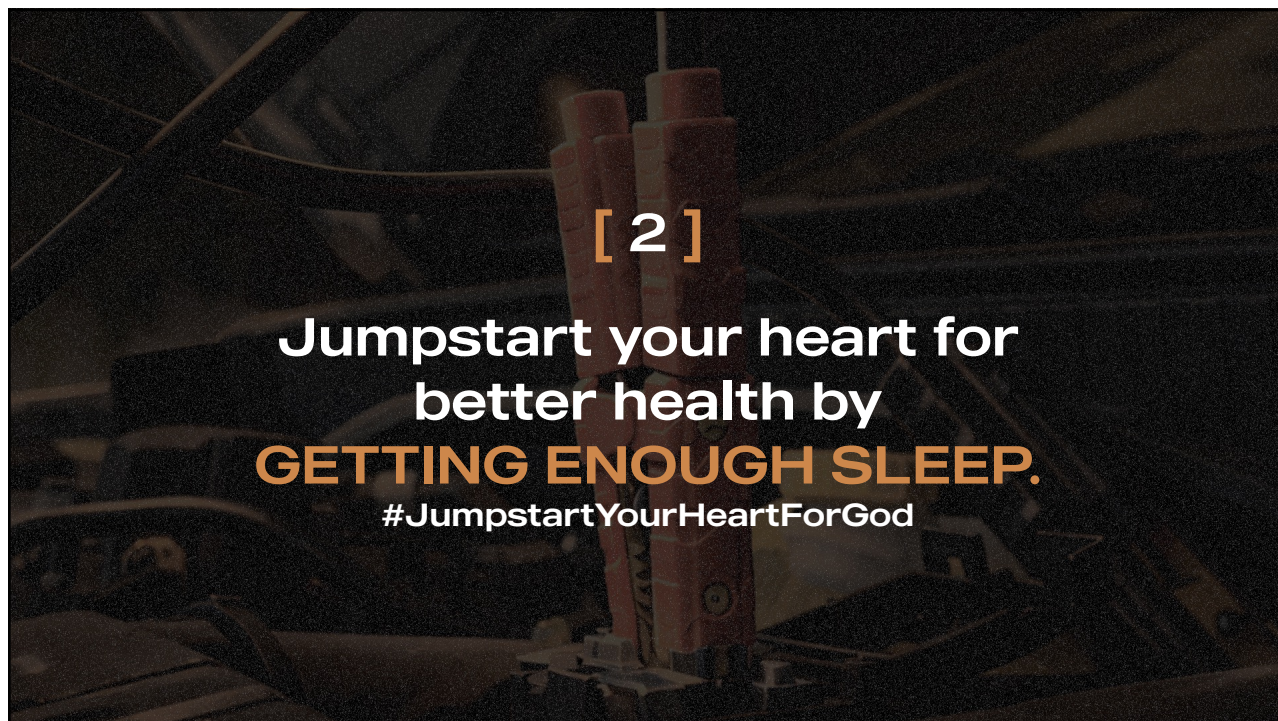
26



27



28



[ 2 ]

Jumpstart your heart for  
better health by  
**GETTING ENOUGH SLEEP.**

#JumpstartYourHeartForGod

29



[ 3 ]

Jumpstart your heart for  
better health by  
**EATING HEALTHY, SMART,  
AND CLEAN.**

#JumpstartYourHeartForGod

30

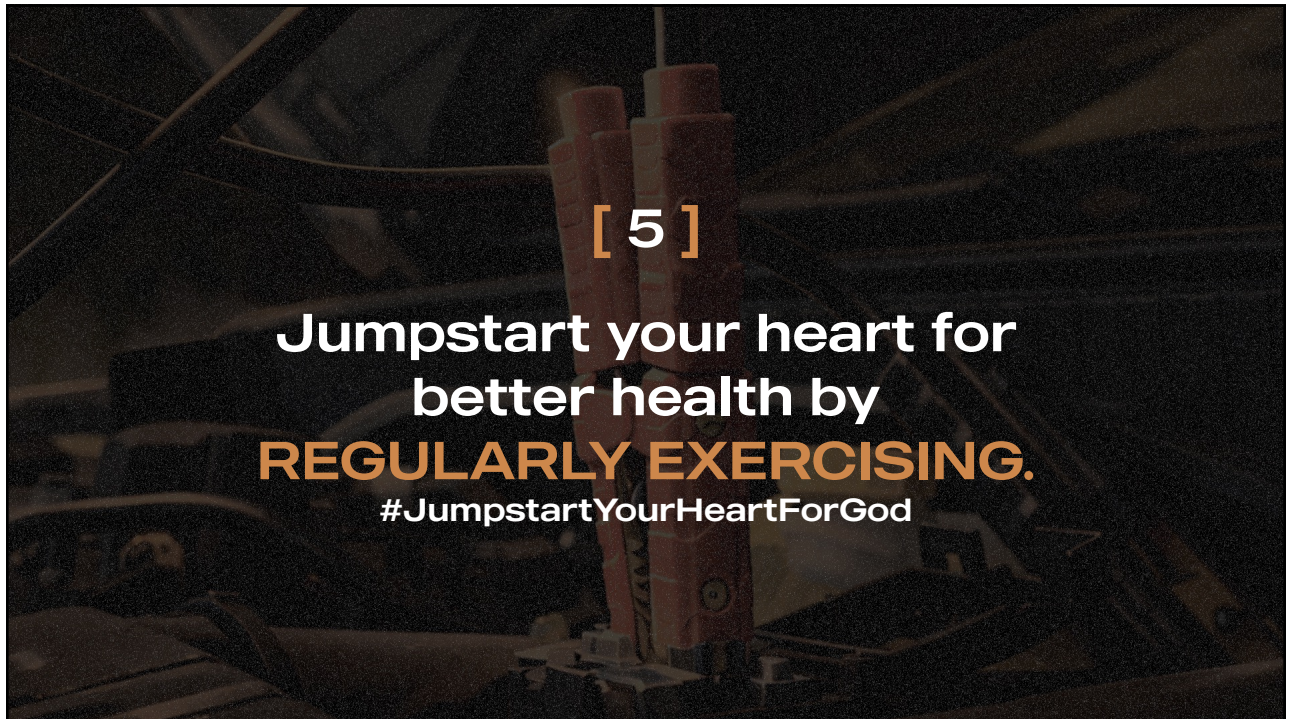


[ 4 ]

Jumpstart your heart for  
better health by  
**USING SUPPLEMENTS.**

#JumpstartYourHeartForGod

31



[ 5 ]

Jumpstart your heart for  
better health by  
**REGULARLY EXERCISING.**

#JumpstartYourHeartForGod

32

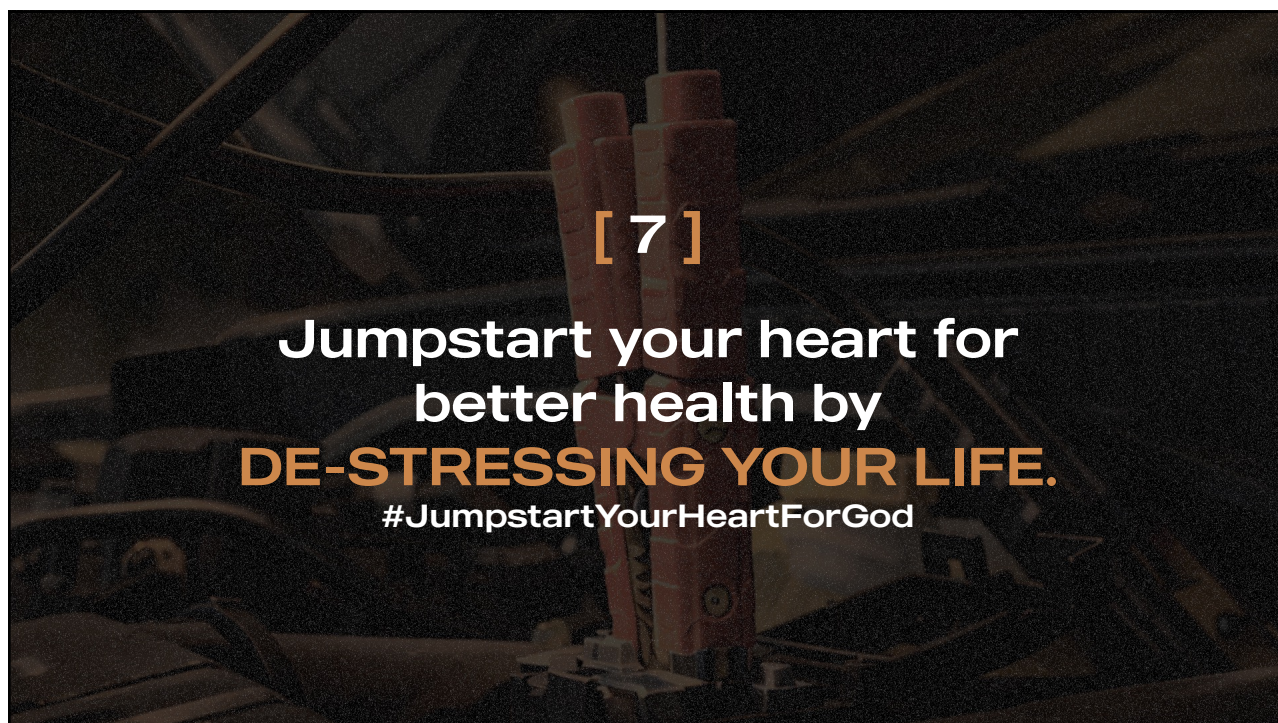


[ 6 ]

Jumpstart your heart for  
better health by  
**PERIODICALLY  
DETOXING YOURSELF.**

#JumpstartYourHeartForGod

33

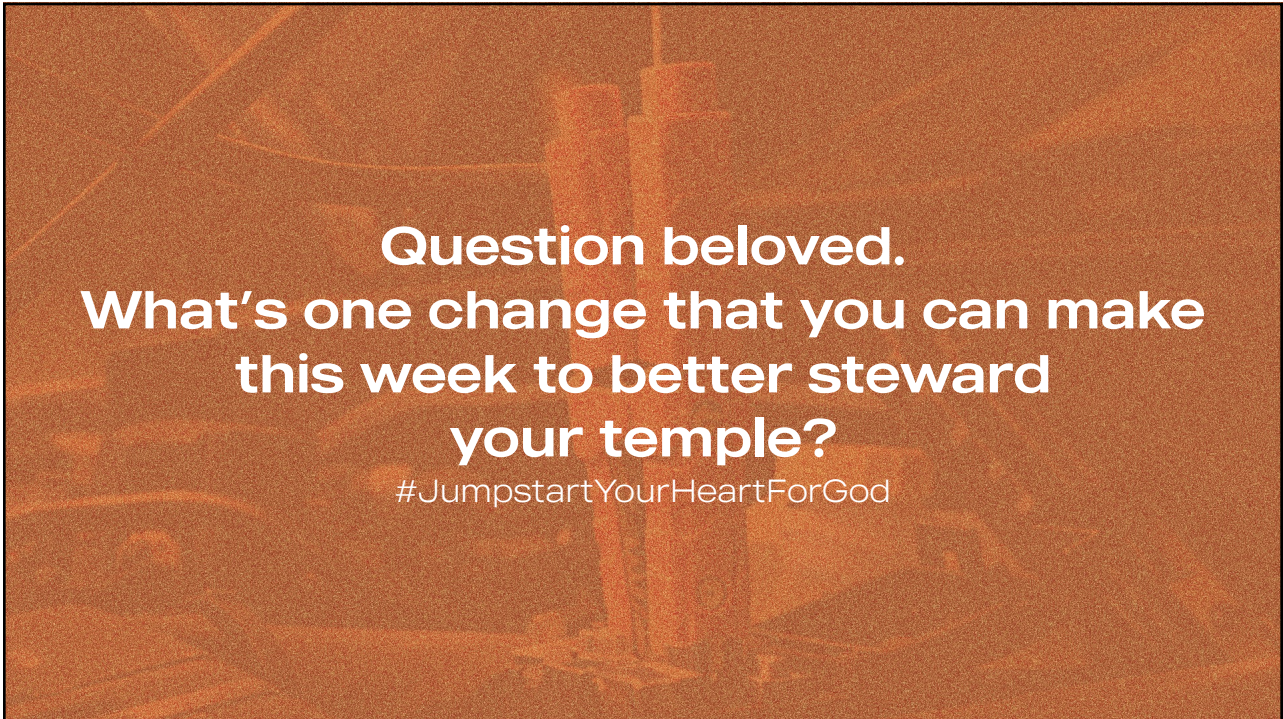


[ 7 ]

Jumpstart your heart for  
better health by  
**DE-STRESSING YOUR LIFE.**

#JumpstartYourHeartForGod

34



**Question beloved.  
What's one change that you can make  
this week to better steward  
your temple?**

#JumpstartYourHeartForGod

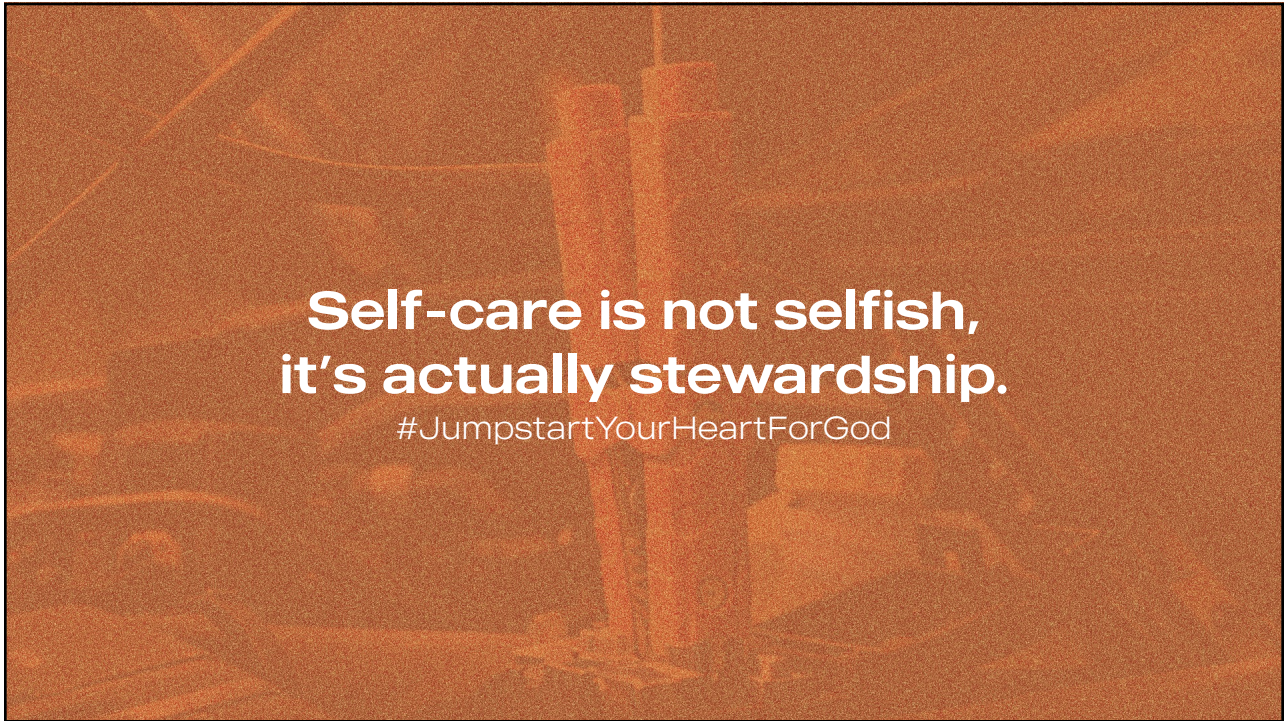
35



**LET'S  
MAKE  
HEALTHIER  
CHOICES  
CHURCH**

#JumpstartYourHeartForGod

36



37



38