

Five Habits of Healthy People

February 6, 2022

Jim Bricker

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 1:2 NIV

The Five Healthy Habits . .

1. Healthy People Eat Healthy Food.

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

1 Corinthians 6:19-20 NIV

Whether you eat or drink, or whatever you do, do it all for the glory of God.

1 Corinthians 10:31b NLT

2. Healthy People Maintain Healthy Thoughts.

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 Manage Their Energy.

It is senseless for you to work so hard from early morning until late at night . . . for God wants his loved ones to get their proper rest.

Psalms 127:2 TLB

Physical exercise has some value, but spiritual exercise is valuable in every way, because it promises life both for the present and for the future.

1 Timothy 4:8 GNT

4. Healthy People Enlist Supportive Friends.

“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.”

Ecclesiastes 4:9-10a GNT

Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more.

Hebrews 10:25a GNT

5. Healthy People Depend on God.

Do not be wise in your own eyes. Fear the Lord and turn away from what is sinful. It will be healing to your body and medicine to your bones.

Proverbs 3:7-8 NIV

For God is working in you, giving you the desire and the power to do what pleases him.

Philippians 2:13 NLT

Weekend Music:

Overcome (Elevation Worship) • Give Me Jesus(Upperroom)
This I Believe (Hillsong Worship)