

## Healthy Rhythms of Life

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1 Kings 19:1-4

Ephesians 5:15-16

1) Spiritual life

Healthy rhythms: **Word, Prayer, Worship**

2) Physical life

Healthy rhythms: **Diet, Exercise**

3) Emotional life

Healthy rhythms: **Honor the Sabbath**  
**Seeking solitude**

4) Relational life

Healthy rhythms: **Making time for life giving friends**  
**Date night**  
**Time with other couples**

How to do it:

1) **Envision it**

2) **Schedule it**

3) **Stick to it**

What is the Holy Spirit saying to me right now?

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