

10 Spiritual Qualities of Health

- 1) God is for me vs against me**
- 2) gratitude vs complaining**
- 3) content vs dis-ease**
- 4) virtue (Spirit) vs vice (flesh)**
- 5) trust vs mistrust**
- 6) hope vs despair**
- 7) mind of Christ vs mind of world**
- 8) humility vs pride**
- 9) love vs self-centeredness**
- 10) desire and longing vs apathy**