

HEALTH:

The Physical and the Spiritual



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Stott

If You've Got Your Health,

You've Got...

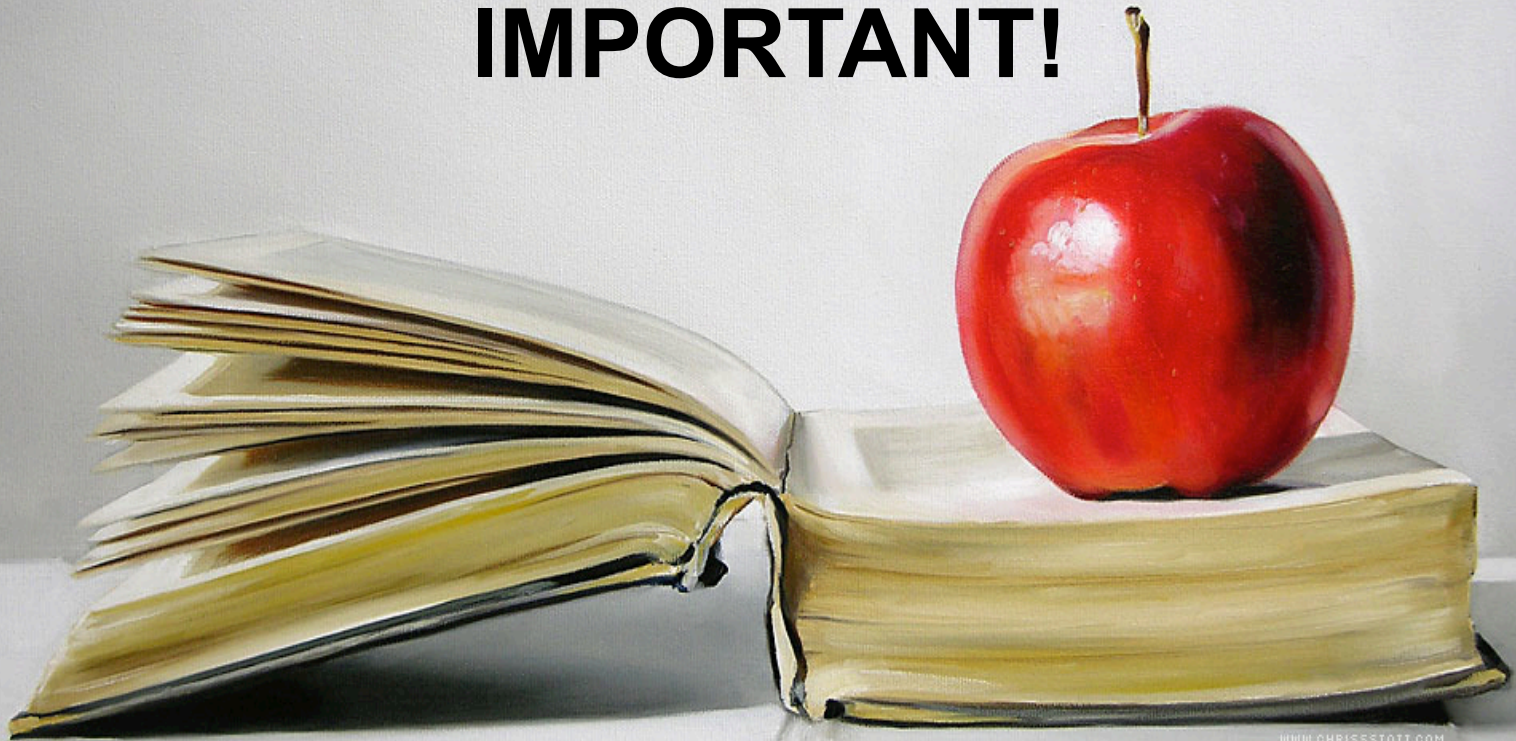


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PHYSICAL HEALTH IS IMPORTANT.

**SPIRITUAL HEALTH IS MORE
IMPORTANT!**



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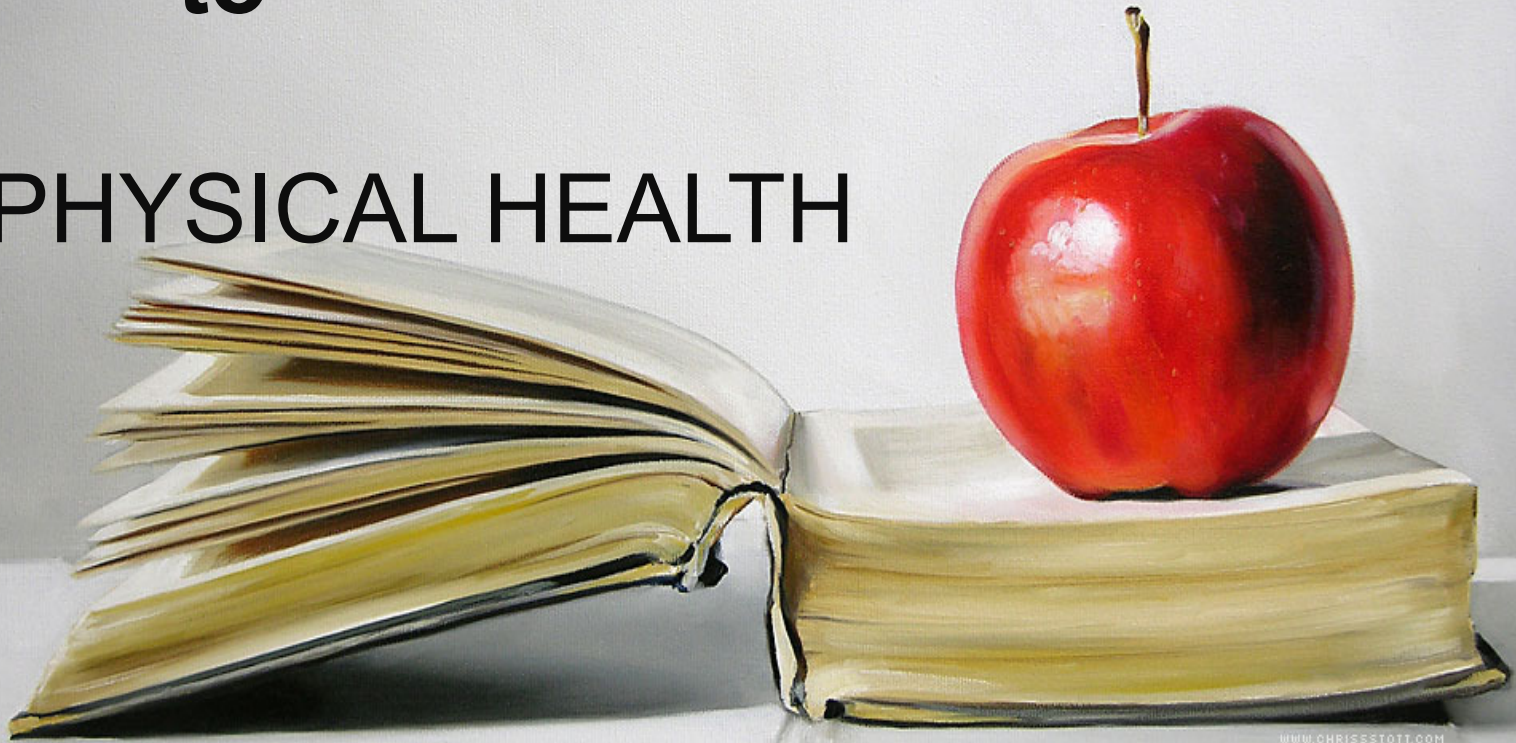
1 THESSALONIANS 5:23

3 JOHN 1:2

COMPARING SPIRITUAL HEALTH

to

PHYSICAL HEALTH



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2 Corinthians 4:16-18

Proper Nutrition/Hydration

ACTS 27:33-34

JOHN 19:28

MARK 8:1-3

MATTHEW 5:6

1 PETER 2:1-3

JOHN 6:48-58



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MODERATE EXERCISE

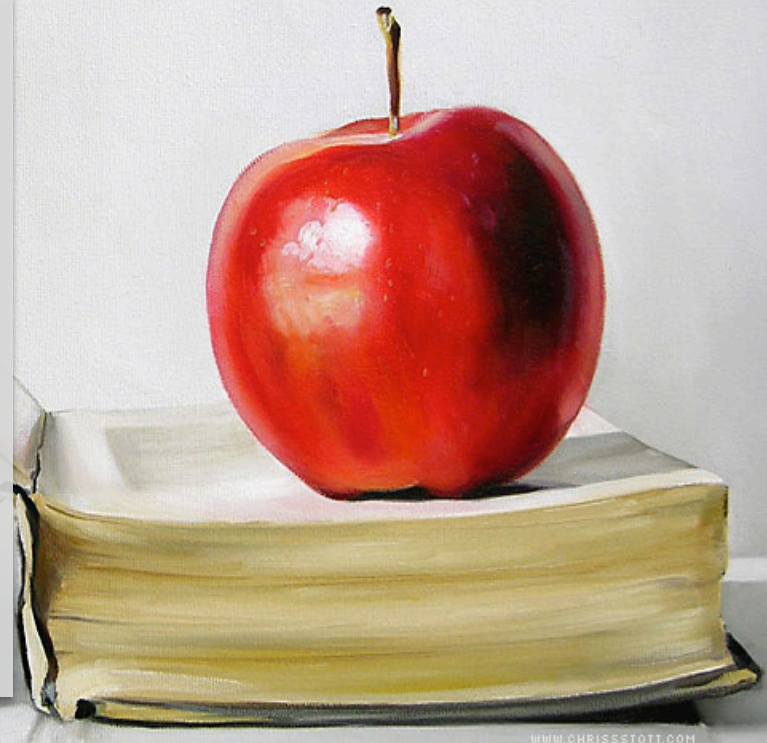
1 TIMOTHY 4:8

2 CORINTHIANS 5:7

ROMANS 12:1

PSALM 100:2

MATTHEW 7:24



SUFFICIENT REST

3 causes of restlessness

Insomnia-----Esther 6:1

Worry-----Daniel 2:1

Overwork-----Genesis 31:40

Mark 6:30-31

Psalm 4:4-8

Proverbs 3:5

Manage Stress

Galatians 6:9

Romans 12:18

Matthew 5:23-25

Matthew 18:15-17

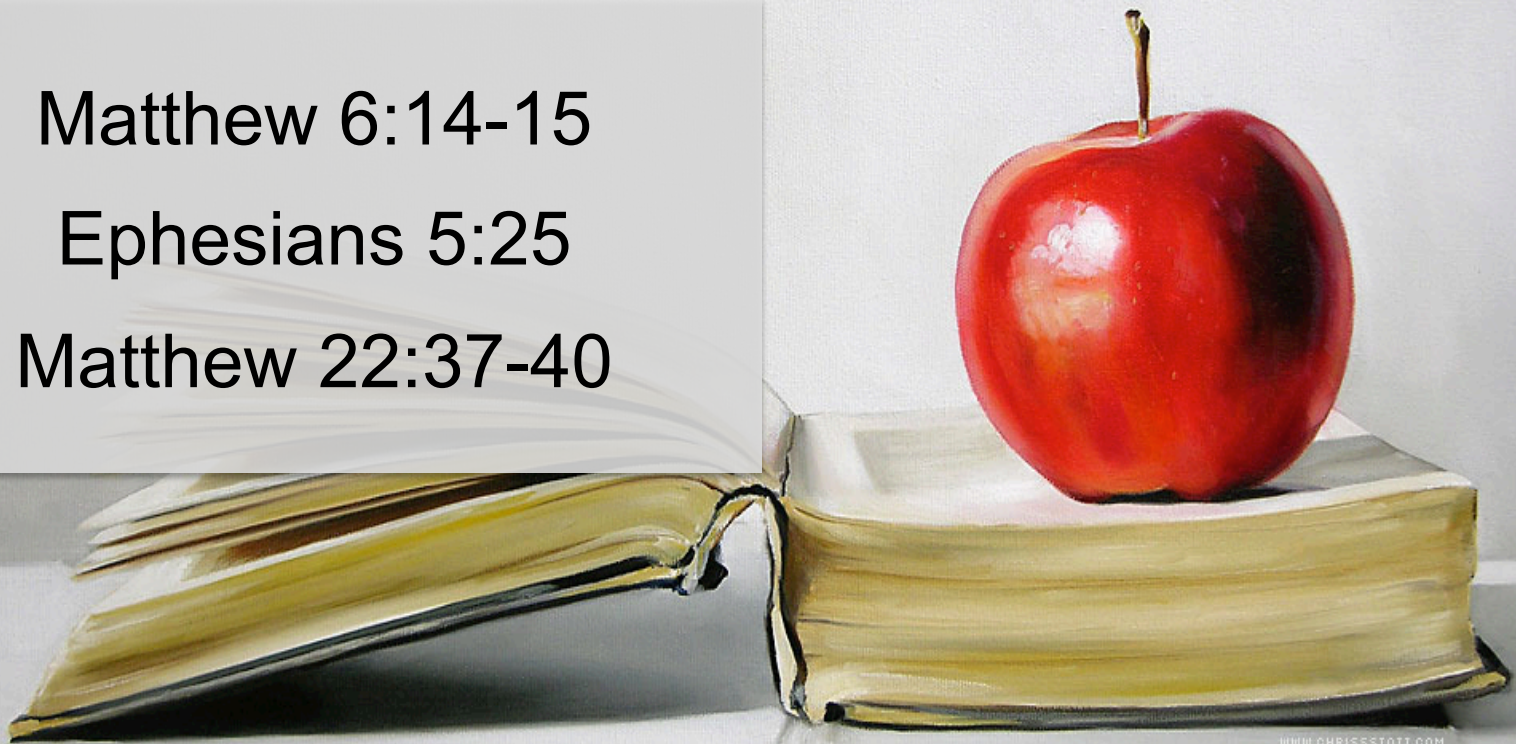


Maintaining Loving Relationships

Matthew 6:14-15

Ephesians 5:25

Matthew 22:37-40



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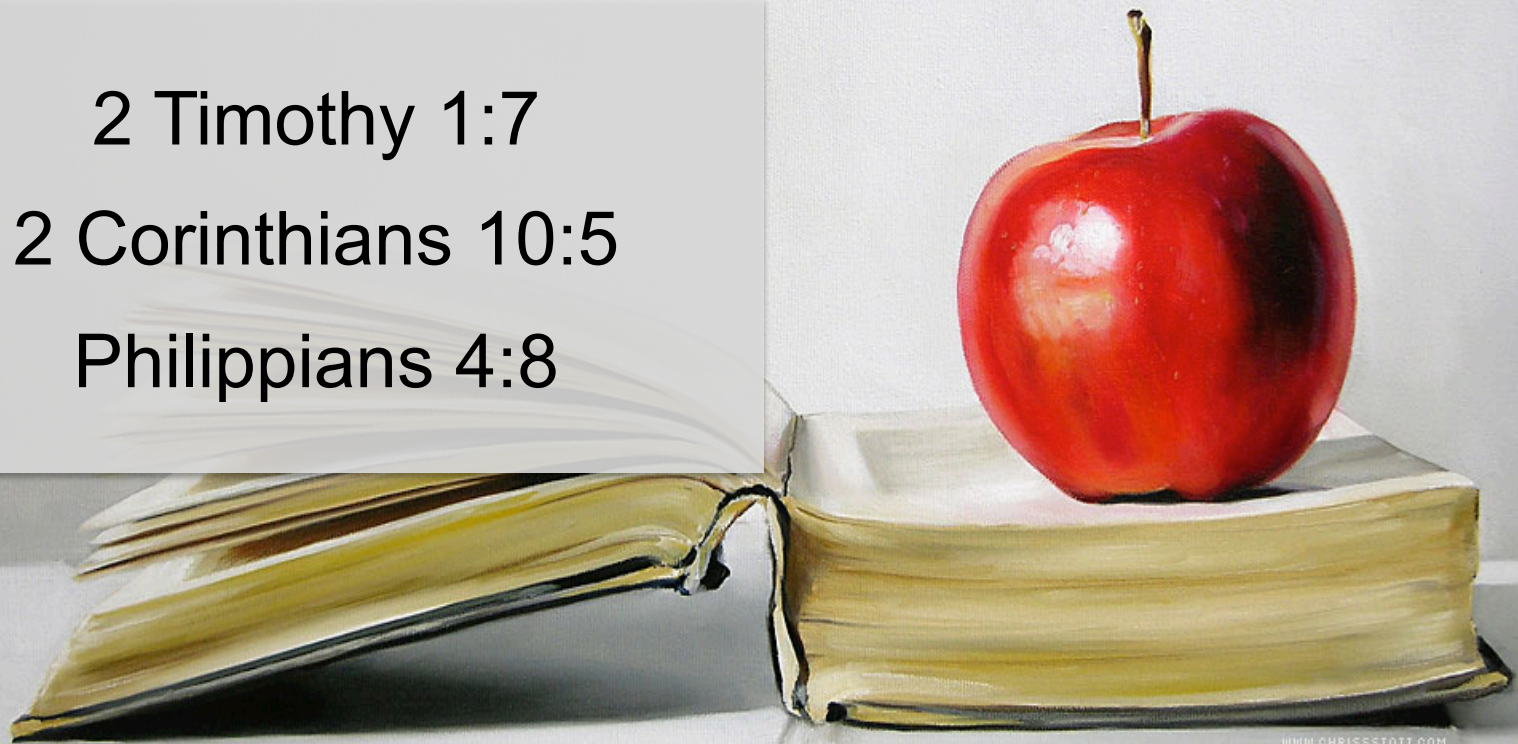
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Positive Attitude

2 Timothy 1:7

2 Corinthians 10:5

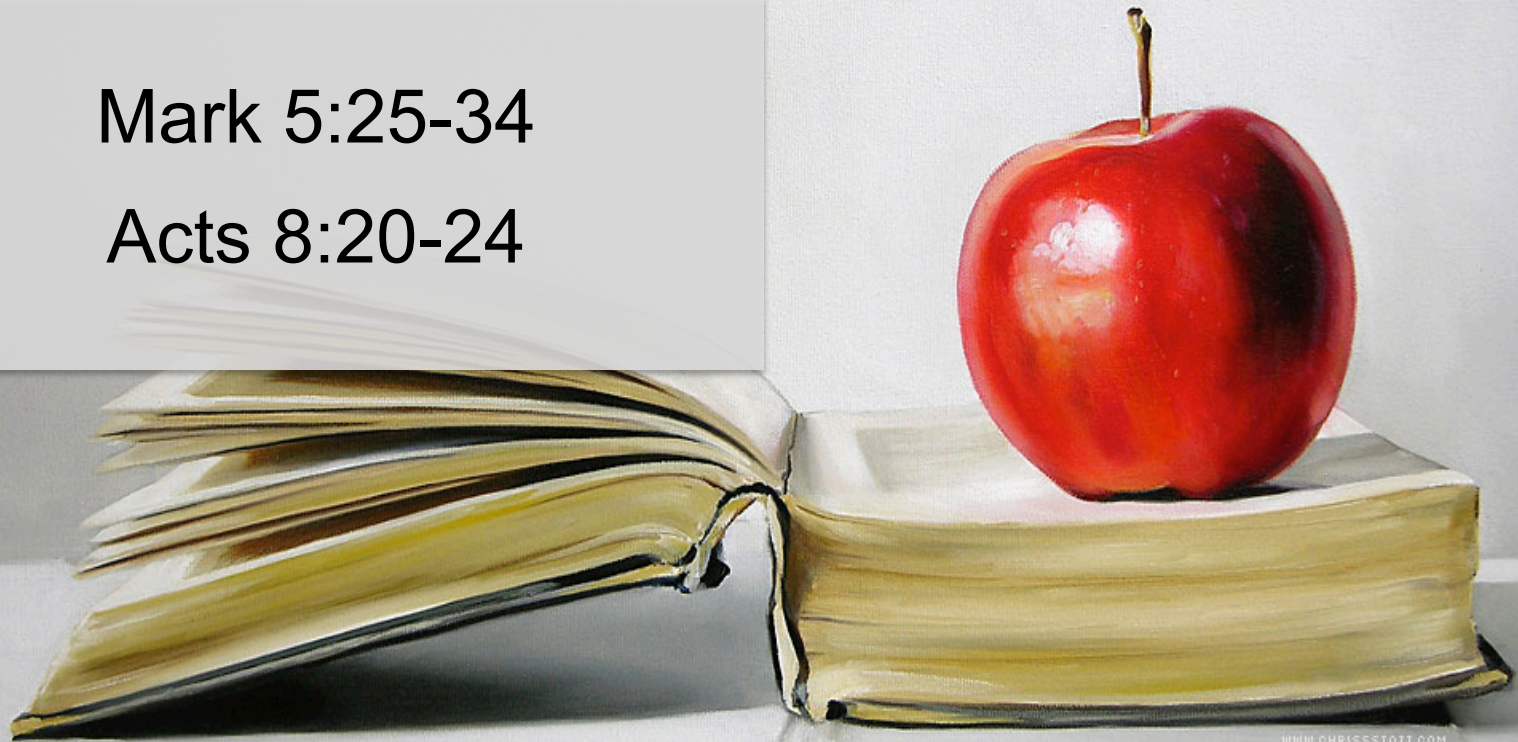
Philippians 4:8



Go To Doctor/Dentist as Needed

Mark 5:25-34

Acts 8:20-24



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7/10

Salvation

how to be saved

1 Timothy 2:4

Hear the Gospel of Jesus Christ

Romans 10:17

Believe that Jesus Christ is the Son of God

John 8:24

Repent

Luke 13:3

Confess faith in Jesus

Romans 10:9-10

Receive baptism for forgiveness of sin

Acts 2:38

Remain Faithful

Revelation 2:10

