

Pastor Kevin Fischer ~ January 22nd & 23rd, 2022

Don't you know that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body. [1 Corinthians 6:19-20 \(NLT\)](#)

SEVEN PILLARS OF HEALTH

From the book "Seven Pillars of Health" by Dr. Don Colbert

- **Water**
- **Sleep and Rest**
- **Living Food**
- **Exercise**
- **Detoxification**
- **Nutritional Supplements**
- **Freedom from Stress**

1. Consider what I _____ & _____ every day.

You may say, "I am allowed to do anything." But I reply, "Not everything is good for you." And even though "I am allowed to do anything," **I must not become a slave to anything.** [1 Corinthians 6:12 \(NLT\)](#)

GOD IS ABLE to do immeasurably more than all we ask or imagine, according to his power that is at work within us. [Ephesians 3:20 \(NIV\)](#)

2. Stay active and exercise _____.

Physical exercise has some value... [1 Timothy 4:8 \(GNT\)](#)

3. Take time to rest every _____.

Remember to observe the Sabbath day by keeping it holy. **You have six days each week for your ordinary work**, but the seventh day is a Sabbath day of rest dedicated to the Lord. [Exodus 20:8-10 \(NLT\)](#)

God wants his loved ones to **get their proper rest.** [Psalm 127:2 \(TLB\)](#)

4. Develop a Godly _____.

For you created my inmost being; you knit me together in my mother's womb. **I praise you because I am fearfully and wonderfully made;** your works are wonderful, I know that full well. [Psalm 139:13-14 \(NLT\)](#)

For your own notes:

Daily Bible Readings

Mon—[Psalm 139:1-12](#)//**Tue**—[Psalm 139:13-18](#)

Wed—[1 Corinthians 6:12-13, 19-20](#)//**Thu**—[Romans 14:1-8](#)

Fri—[1 Timothy 4:7-10](#)//**Sat/Sun**—[Psalm 127:1-5](#)

Memory Verse:

You do not belong to yourself, for God bought you with a high price.

So you must honor God with your body. [1 Corinthians 6:19-20 \(NLT\)](#)

Join us online or in-person next weekend for:

#GOALS, Episode 4

Weekend Service Times:

Sat. at **6:15 p.m.** & Sun. at **10:30 a.m.** & **12:15 p.m.**