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BACK ON TRACK

BACK ON TRACK WITH MY HEALTH

My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body.

PROVERBS 4:20-22 (NIV)

Big Idea:

God's divine design leads to a _____.

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

ROMANS 12:1-2 (NIV)

God's Way to Renew My Health:

1. God gives me _____.

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)

2. God calls me to _____

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. **EPHESIANS 4:22-24 (NIV)**

3. God uses my mind and body to _____

Practical Ideas:

- _____ .
- _____ .
- _____ .
- _____ .
- _____ .

