

Practical Health Habits

I. God desires us to be in good health

A. 3 John 2

B. Exodus 15:25, 26; 23:25; Deut. 7:15; Ps. 105:37

II. Practical health habits

A. **Eat correctly** - a temperate and balanced diet

1. Ex. 16:4, 8; Num. 11:4-6, 31-34; Ps. 78:29-31; Romans 14

2. Nutrition is important but the Bible puts more emphasis on the amount of food (temperance vs overindulgence)

3. Water

B. **Proper rest**

- Ex. 16:5, 28-30; Mk. 6:31; Phil. 2:26, 27, 30

C. **Be anxious for nothing**

- Phil. 4:6; Matt. 6:25-34; 1 Pet. 5:7; Luke 10:38-42