

## Truth-Guided Healthy Living

### Overarching Principles:

1. **My identity: God's Image**, Genesis 1:27= So God created man in his own image, in the image of God he created him; male and female he created them... **For God's glory**: Isaiah 43:7= everyone who is called by my name, whom I created for my glory, whom I formed and made...**Forever family**: John 10:27-29= My sheep hear my voice, and I know them, and they follow me. I give them eternal life, and they will never perish, and no one will snatch them out of my hand. My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand.
2. **God = Trinity, speaks**: Luke 3:21-22= Now when all the people were baptized, and when Jesus also had been baptized and was praying, the heavens were opened, and the Holy Spirit descended on him in bodily form, like a dove; and a voice came from heaven, "You are my beloved Son; with you I am well pleased."
3. **Protect heart!**: Prov 4:23, 1 Samuel 16:7b= Keep your heart with all vigilance, for from it flow the springs of life...For the Lord sees not as man sees: man looks on the outward appearance, but the Lord looks on the heart.
4. **God = hope, love**: Romans 15:13, 1 John 4:16b= May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope...God is love, and whoever abides in love abides in God, and God abides in him.
5. **God's love > fear**: 1 John 4:18a= There is no fear in love, but perfect love casts out fear.
6. **God provides**: Hebrews 13:5-6= Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you." So we can confidently say, "The Lord is my helper; I will not fear; what can man do to me?"
7. **Love**: Mark 12:28b-31= "Which commandment is the most important of all?" Jesus answered, "The most important is, Hear, O Israel: The Lord our God, the Lord is one. And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: You shall love your neighbor as yourself.' There is no other commandment greater than these."
8. **Obey=Love**: John 14:21= "Whoever has my commandments and keeps them, he it is who loves me. And he who loves me will be loved by my Father, and I will love him and manifest myself to him."
9. **God > temptation**: 1 Corinthians 10:13= No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.
10. **Judgment**: 2 Corinthians 5:9-10= So whether we are at home or away, we make it our aim to please him. For we must all appear before the judgment seat of Christ, so that each one may receive what is due for what he has done in the body, whether good or evil.
11. **"Well done!"**: Matthew 25:23= His master said to him, 'Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master.'
12. **Embrace struggle**: Romans 5:3-5: Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.
13. **Use time wisely**: Ephesians 5:15-17= Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore, do not be foolish, but understand what the will of the Lord is.
14. **God's Kingdom first**: Matthew 6:33= But seek first the kingdom of God and his righteousness, and all these things will be added to you.
15. **Be wise, fear God**: Proverbs 9:10= The fear of the Lord is the beginning of wisdom, and the knowledge of the Holy One is insight.
16. **Know what you want**: Mark 10:51-52= And Jesus said to him, "What do you want me to do for you?" And the blind man said to him, "Rabbi, let me recover my sight." And Jesus said to him, "Go your way; your faith has made you well." And immediately he recovered his sight and followed him on the way.
17. **Confess/Forgiven**: 1 John 1:9= If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

18. Only God's approval: Galatians 1:10= For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ.
19. Love enemies: Luke 6:32, 35-36= If you love those who love you, what benefit is that to you? For even sinners love those who love them...But love your enemies, and do good, and lend, expecting nothing in return, and your reward will be great, and you will be sons of the Most High, for he is kind to the ungrateful and the evil. Be merciful, even as your Father is merciful.
20. Love society's marginalized/vulnerable: Psalm 146:7-9= who executes justice for the oppressed, who gives food to the hungry. The Lord sets the prisoners free; the Lord opens the eyes of the blind. The Lord lifts up those who are bowed down; the Lord loves the righteous. The Lord watches over the sojourners; he upholds the widow and the fatherless, but the way of the wicked he brings to ruin.

#### **Spiritual Health Principles:**

1. Pursue God: Hebrews 11:6= And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.
2. Spirit > flesh: Galatians 5:17, 19-23, 6:7-8= For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do...Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law...Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life.
3. Father's will: Matthew 26:39= And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will."
4. Alone with God: Luke 6:12-13= In these days he went out to the mountain to pray, and all night he continued in prayer to God. And when day came, he called his disciples and chose from them twelve, whom he named apostles:
5. Abide: John 15:5= I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.
6. Trust: Proverbs 3:5= Trust in the Lord with all your heart, and do not lean on your own understanding.
7. Wise by faith: James 1:5-8: If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind. For that person must not suppose that he will receive anything from the Lord; he is a double-minded man, unstable in all his ways.
8. A.S.K.=Receive: Matthew 7:7= Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.
9. He is able!: Ephesians 3:14-21= For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.
10. Spiritual warfare: Ephesians 6:10-14a= Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore, take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore....
11. Renew mind: Romans 12:2a, Psalm 119,9,11= Do not be conformed to this world, but be transformed by the renewal of your mind...How can a young man keep his way pure? By guarding it according to your word...I have stored up your word in my heart, that I might not sin against you.

12. Discipline->Righteous peace: Hebrews 12:11= For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.
13. Potter > clay: Isaiah 64:8= But now, O Lord, you are our Father; we are the clay, and you are our potter; we are all the work of your hand.

#### **Relational Health Principles:**

1. Love: 1 Corinthians 4-8a= Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. Love never ends.
2. Love=witness: John 13:34-35= A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another.
3. Disciple: Matthew 28:18-20= And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."
4. Husband-Wife: Ephesians 5:23-25= Wives, submit to your own husbands, as to the Lord. For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. Now as the church submits to Christ, so also wives should submit in everything to their husbands. Husbands, love your wives, as Christ loved the church and gave himself up for her,
5. Dad: Ephesians 6:4= Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.
6. Friend: Proverbs 17:17= A friend loves at all times, and a brother is born for adversity.
7. Faith community: Matthew 18:20= For where two or three are gathered in my name, there am I among them.
8. Encourager: Hebrews 10:24-25= And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.
9. Elder: 1 Timothy 3:1-5,7= The saying is trustworthy: If anyone aspires to the office of overseer, he desires a noble task. Therefore, an overseer must be above reproach, the husband of one wife, sober-minded, self-controlled, respectable, hospitable, able to teach, not a drunkard, not violent but gentle, not quarrelsome, not a lover of money. He must manage his own household well, with all dignity keeping his children submissive, for if someone does not know how to manage his own household, how will he care for God's church?...Moreover, he must be well thought of by outsiders, so that he may not fall into disgrace, into a snare of the devil.
10. Serve: Mark 10:45= For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many.

#### **Vocational Health Principles:**

1. God=creative worker: Genesis 1:1= In the beginning, God created the heavens and the earth.
2. Human=God's image=creative worker: Genesis 2:15= The Lord God took the man and put him in the garden of Eden to work it and keep it.
3. Wo/Man team: Genesis 2:18= Then the Lord God said, "It is not good that the man should be alone; I will make him a helper fit for him."
4. Faithfully invest life: Matthew 25:20-21: And he who had received the five talents came forward, bringing five talents more, saying, 'Master, you delivered to me five talents; here, I have made five talents more.' His master said to him, 'Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master.'
5. Wise counsel: Proverbs 24:6= for by wise guidance you can wage your war, and in abundance of counselors there is victory.
6. God's glory: Colossians 3:23-24= Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.

7. Enjoy: Ecclesiastes 2:24-25: There is nothing better for a person than that he should eat and drink and find enjoyment in his toil. This also, I saw, is from the hand of God, for apart from him who can eat or who can have enjoyment?
8. Teamwork: Ecclesiastes 4:9-12= Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! Again, if two lie together, they keep warm, but how can one keep warm alone? And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.
9. Be the expert: Proverbs 22:29= Do you see a man skillful in his work? He will stand before kings; he will not stand before obscure men.
10. Let God guide: John 21:5-6= Jesus said to them, “Children, do you have any fish?” They answered him, “No.” He said to them, “Cast the net on the right side of the boat, and you will find some.” So they cast it, and now they were not able to haul it in, because of the quantity of fish.

#### **Financial Health Principles:**

1. Work hard & enjoy being generous: 2 Corinthians 9:9-13= The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work. As it is written, “He has distributed freely, he has given to the poor; his righteousness endures forever.” He who supplies seed to the sower and bread for food will supply and multiply your seed for sowing and increase the harvest of your righteousness. You will be enriched in every way to be generous in every way, which through us will produce thanksgiving to God. For the ministry of this service is not only supplying the needs of the saints but is also overflowing in many thanksgivings to God. By their approval of this service, they will glorify God because of your submission that comes from your confession of the gospel of Christ, and the generosity of your contribution for them and for all others,
2. Avoid debt: Proverbs 22:7= The rich rules over the poor, and the borrower is the slave of the lender.
3. Serve God not money: Matthew 6:24-25= No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.
4. Reject worldliness: James 4:4= You adulterous people! Do you not know that friendship with the world is enmity with God? Therefore, whoever wishes to be a friend of the world makes himself an enemy of God.
5. More blessed to give: Acts 20:35= In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, ‘It is more blessed to give than to receive.’
6. Naked, God’s good: Job 1:21-22= And he (Job) said, “Naked I came from my mother's womb, and naked shall I return. The Lord gave, and the Lord has taken away; blessed be the name of the Lord.” In all this Job did not sin or charge God with wrong.

#### **Physical Health Principles:**

1. God’s food: Genesis 1:29= And God said, “Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food.”
2. Daniel’s diet: Daniel 1:12-16= “Test your servants for ten days; let us be given vegetables to eat and water to drink. Then let our appearance and the appearance of the youths who eat the king's food be observed by you, and deal with your servants according to what you see.” ...At the end of ten days, it was seen that they were better in appearance and fatter in flesh than all the youths who ate the king's food. So the steward took away their food and the wine they were to drink, and gave them vegetables.
3. Rest: Matthew 11:28= Come to me, all who labor and are heavy laden, and I will give you rest.
4. Godliness > fit body: 1 Timothy 4:8= for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.
5. Recharge: Mark 6:30-32= The apostles returned to Jesus and told him all that they had done and taught. And he said to them, “Come away by yourselves to a desolate place and rest a while.” For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a desolate place by themselves.

#### **Humble Desperation : Reliance on God : Change**