



March 20 & 21, 2021  
Part 5 – Thriving in Health  
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**Psalm 92:12-13** *The righteous thrive like a palm tree and grow like a cedar tree in Lebanon. Planted in the house of the Lord, they thrive in the courts of our God. (CSB)*

**I Corinthians 6:19-20** *Don't you realize 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. (NLT)*

**Deuteronomy 6:4-5** *Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength.*

### 3 Areas of Health

#### I. Healthy \_\_\_\_\_

1. \_\_\_\_\_ on the \_\_\_\_\_

**Philippians 4:8** *And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. (NLT)*

2. \_\_\_\_\_ your \_\_\_\_\_

**Romans 12:2** *Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. (NLT)*

3. Take your \_\_\_\_\_

**2 Corinthians 10:5** *We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

#### II. Healthy \_\_\_\_\_

1. Your body is a \_\_\_\_\_

**I Corinthians 3:16** *Do you not know that you are God's temple and that God's Spirit dwells in you? (ESV)*

2. \_\_\_\_\_ God with your \_\_\_\_\_.

**I Corinthians 6:20** *...for God bought you with a high price. So you must honor God with your body. (NLT)*

**I Corinthians 6:13** *You say, "Food was made for the stomach, and the stomach for food." (This is true, though someday God will do away with both of them.) But you can't say that our bodies were made for sexual immorality. They were made for the Lord, and the Lord cares about our bodies. (NLT)*

#### III. Healthy \_\_\_\_\_

1. As you accept Christ, you are a \_\_\_\_\_.

**2 Corinthians 5:17** *Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!*

2. After you confess sin, God \_\_\_\_\_ your \_\_\_\_\_.

**Psalm 51:10** *Create in me a clean heart, O God, and renew a right spirit within me. (ESV)*

3. As you trust the Lord, He will give you \_\_\_\_\_.

**Isaiah 40:29-31** *He gives strength to those who are tired and more power to those who are weak. Even children become tired and need to rest, and young people trip and fall. But the people who trust the Lord will become strong again. They will rise up as an eagle in the sky; they will run and not need rest; they will walk and not become tired. (NCV)*

Conclusion: Become \_\_\_\_\_!

All scripture references are NIV unless otherwise noted.

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