



# Staying Healthy in 2021

Luke 2:52

Sunday, January 3, 2021

**What's True** in the Bible?

## *Staying Healthy Like Jesus*

### **1. Strive to be mentally healthy.**

Proverbs 2:1–6, 9:10 / 1 Kings 3:16–28 / 2 Chronicles 1:7–12 / Psalm 119:98–100 / James 1:5

### **2. Strive to be physically healthy.**

1 Corinthians 6:12–13, 19–20 / Ephesians 2:10 / 1 Timothy 4:8

### **3. Strive to be spiritually healthy.**

2 Peter 3:18 / Psalm 139:23–24

### **4. Strive to be relationally healthy.**

Luke 2:52 / John 19:26–27 / Proverbs 1:10–16

**What's Real** in my life?

- How would I rate my overall health?
- Which of these areas (above) is God calling me to focus on this year?

**What's Next?**

- Determine one practical step you can take to grow in each area of your life.
- Share your commitment with a friend for encouragement and accountability.