

# The Renewed Life

## Key 11: Build Physical Health

Proverbs 3:7-8



### HEALING AND THE BIBLE:

1. Applying the promises \_\_\_\_\_

*(Psalm 103:1-3; James 5:13-15)*

2. We \_\_\_\_\_ more than ever

3. It's clear that \_\_\_\_\_

### THE HELPFUL PERSPECTIVE OF PROVERBS 3:

1. These verses are part of \_\_\_\_\_

2. Remember that \_\_\_\_\_

3. The promise \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

4. The promise:

- "health to your body" is not \_\_\_\_\_
- "life to your bones" is \_\_\_\_\_

5. We have a \_\_\_\_\_

(1 Corinthians 6:19-20)

**KEY 11. PHYSICAL WELL BEING - We cultivate our physical energy and health.** We do this by committing -- or recommitting -- to: (a) some kind of sound and healthy eating strategy (b) some kind of sane plan for physical movement and exercise.