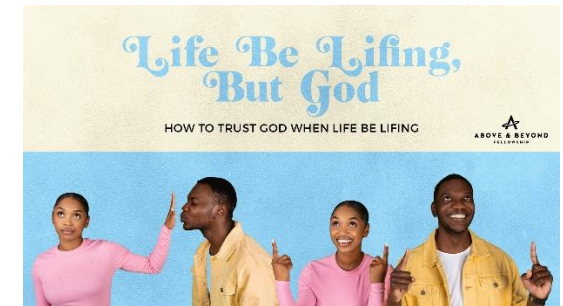


**Matthew 11:28-30 New Century
Version (NCV)**

²⁸“Come to me, all of you who are tired and have heavy loads, and I will give you rest. ²⁹Accept my teachings and learn from me, because I am gentle and humble in spirit, and you will find rest for your lives. ³⁰The burden that I ask you to accept is easy; the load I give you to carry is light.”

Psalm 23:2-3 (NIV)

²He makes me lie down in green pastures,
he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name’s sake.



**SUNDAY
APRIL 28, 2024**

**Pastor
William J. Lindsey, D. Min.**

Health is the New Wealth: Getting Our Physical Bodies Healthy

Part 4 of 6 from the series,
“Life Be Lifting, But God”

Sunday, April 28, 2024
Minister Vanell Henderson

1 Corinthians 9:24-26 New Living Translation (NLT)

²⁴Don't you realize that in a race everyone runs, but only one person gets the prize? So, run to win! ²⁵All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. ²⁶So I run with purpose in every step. I am not just shadowboxing.

The _____, The _____, The _____

- **The Purpose:** Run with _____ in every step, make every step count.
- **The Plan:** _____ your body. Living a life on purpose requires _____
- **The Prize:** Run to win a crown that will _____.

1. Physical Health

- a. Our bodies need

_____ and _____.

1 Kings 19:5-7 New International Version (NIV)

⁵Then he lay down under the bush and fell asleep. All at once an angel touched him and said, “Get up and eat.” ⁶He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. ⁷The angel of the LORD came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.”

God's plan for our physical health often includes attending to our _____

2. Emotional Health

- a. _____ your body.

- i. You can't be

_____ and _____ strong while you're physically depleted.

- b. _____ your frustrations.

- i. Lack of

_____ also holds us back from intimacy with God.

3. _____ on God.

Proverbs 3:5 (NIV)

Trust in the Lord with all your heart and lean not on your own understanding.

- a. When you _____ on God, you _____ He is in control.

4. Spiritual Health

1 Thessalonians 5:23 (NIV)

²³May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.

- Growing in our faith in Christ requires _____ with His character, His ways, His will and His word.
- Make _____ and _____ to nurture your spiritual health.
- _____

5. Mental Health

Colossians 3:2 (NIV)

²Set your minds on things above and not earthly things.

- a. Look at life from God's _____ and _____ what He desires.