



The Total Package:
Physical Health
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"And Jesus grew in wisdom and stature, and in favor with God and man." Luke 2:52

1. Our bodies are a part of God's _____
_____ for us and they always will be.
(Genesis 2:7, 2 Corinthians 5:4)
2. The way we treat our _____ has a direct
impact upon our _____. (1 Corinthians 6:19)
3. Physical _____ is secondary, yet im-
portant. An undisciplined physical lifestyle
_____ us from God. (1 Timothy 4:8)
4. God calls us to the disciplines of
_____ and _____. The practice of
the _____ is essential to our overall
health. (Exodus 20:8-11)
5. The Good News includes the fact that Jesus
_____ our physical bodies through his di-
vine _____.! (Matthew 8:16-17)

Take-aways:

____ I am joining the *Weight Loss Challenge*!
With God's help, I will lose ____ pounds by July
5th. I will report weekly how I am progressing in
order that we can encourage one another to
stick with it!

____ I commit to walking or some other form of
exercise ____ minutes a day (at least 5x per
week) for the next 7 weeks. I will report weekly
how I am progressing!

____ With God's help, I will consciously remind
myself that my body is a temple of the Holy
Spirit.

____ I renew my commitment to truly observe a
Sabbath rest.

____ I need prayer for physical healing. Describe: