



PROVERBS #3

A Healthy Lifestyle

- Prov. 4:20-22 My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man's whole body.
- John 10:10 Jesus wants us to live in life abundantly
- Prov.17:22, "A cheerful heart is good medicine but a crushed spirit dries up the bones."
- Prov.4:23 – Above all else guard your heart
- God sits on his throne and laughs (Psalms 2)
- A Smile costs nothing yet enriches much—cannot be bought, begged, borrowed or stolen.
- Prov.23:7 "For as [a man] thinks in his heart so is he"
- Prov.15:30 A cheerful look brings joy to the heart, and good news gives health to the bones.
- Chinese proverb—"Man without smiling face should not open shop"
- A household of laughter is a healthy home, a good sense of humour for healthy marriage, and healthy church
- Psalms 144:15 Blessed are the people of whom this is true; blessed are the people whose God is the LORD.
- Prov.18:14 A man's spirit sustains him in sickness, but a crushed spirit who can bear?
- Condition of our heart determines the condition of our life

Changing condition of inner man

Five ways you can build a healthy life

1. **Educate your soul** - **Prov.19:2**; "It is not good for a soul to be without knowledge."
2. **Fill your soul with hope** – **Heb.6:19** "This hope we have as an anchor of the soul, both sure and steadfast."
3. **Teach your soul when to be quiet** – **Psa.62:5** "My soul, wait silently for God alone."
4. **Teach your soul to boast** – **Psa34:2** "My soul shall make its boast in the Lord"
5. **Teach your soul to be accountable**

Anxiety is a genuine health hazard!

Prov 12:25 "An anxious heart weighs a man down, but a kind word cheers him up."

Prov 13:12 "Hope deferred makes the heart sick"

Phil 4:6-7 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

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