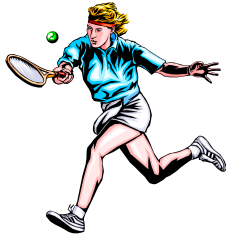
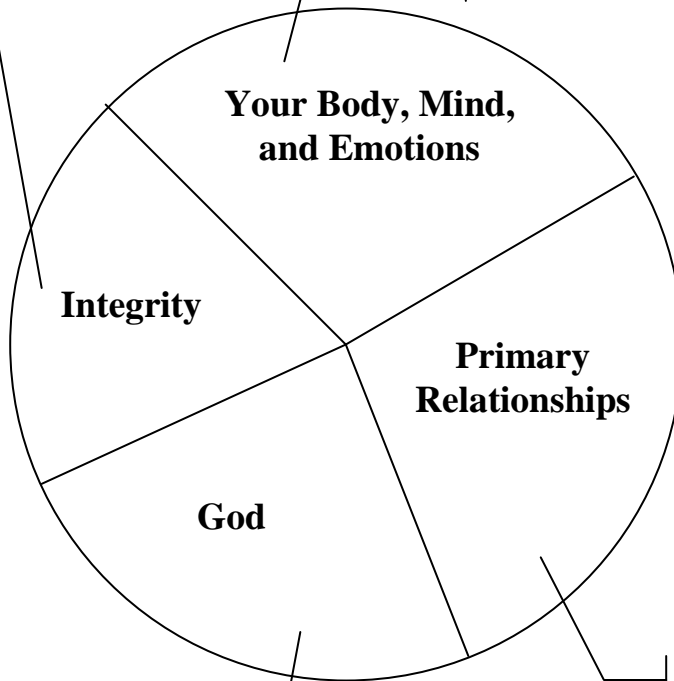
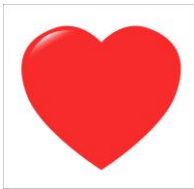


Healthy Holy Habits



What will you do on a regular basis to stay physically fit? How much sleep do you need? What are your eating habits? Do you have a health issue you must monitor? What helps you stay emotionally balanced? What do you do to renew your mind? What mental junk food must you avoid?

What and who helps you live in a way that your moral and sexual behavior is consistent with your beliefs and convictions? What will help you resist temptation to sin?



Who are the primary support relationships in your life and what will you do on a regular basis to strengthen them?

What will you do on a regular basis to grow in your relationship with God? What spiritual disciplines will you practice? Are you prone to certain areas of sin? What helps you abide with Jesus?

