

WHY DO WE NEED TO BE HEALTHY?

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WHAT DO I NEED TO DO TO BE SPIRITUALLY HEALTHY?

- BELIEVE WITH YOUR HEART 'N' SOUL THAT JESUS IS LORD.***
- ACKNOWLEDGE THAT YOU ARE A SINNER***
- HAVE PERSONAL RELATIONSHIP WITH GOD***
- GO TO CHURCH***
- MAKE GOOD DECISIONS***
- LOVE YOU NEIGHBOR AS YOURSELF***
- HELP OTHERS***

WHY DO I NEED TO DO THESE THINGS?

TO REPAY (IN A SENSE) REPAY GOD FOR HIS GRACE, AND DYING ON THE CROSS TO GIVE US A CHANCE TO SPEND ETERNITY IN PARADISE, BUT MOST OF ALL, BECAUSE WE LOVE HIM. IF YOU LOVE SOMEONE, WOULD YOU TREAT THEM KINDLY? DUH! SO DO YOU LOVE GOD? LUKE 10:27 HE ANSWERED, "LOVE THE LORD YOUR GOD WITH ALL YOUR HEART AND WITH ALL YOUR SOUL AND WITH ALL YOUR STRENGTH AND WITH ALL YOUR MIND AND, 'LOVE YOUR NEIGHBOR AS YOURSELF.'"

WHAT DO I NEED TO DO 2 B PHYSICALLY HEALTHY?

EAT HEALTHILY- RIGHT # OF CALORIES- GOOD NUTRITION-

EXERCISE- RUN- WALK- JUMP- BIKE- SKI- SNOWBOARD!

OTHER WAYS TO KEEP BODY IN SHAPE (DOCTOR)

WHY DO I NEED TO DO THESE THINGS?

ALOT OF PEOPLE THINK OTHER THINGS, BUT THE REAL REASON IS FOUND IN 1 CORINTHIANS 6:19 19 DO YOU NOT KNOW THAT YOUR BODY IS A TEMPLE OF THE HOLY SPIRIT, WHO IS IN YOU, WHOM YOU HAVE RECEIVED FROM GOD? YOU ARE NOT YOUR OWN; OTHER ARE THINKING, HANDSOME, BE COOL, BUT THE REAL REASON IS NEITHER, ITS THAT GOD LIVES IN YOU, TRASHING YOUR BODY, IS LIKE TRASHING A BUGATTI, OR SOME OTHER REALLY VALUABLE ITEM OR THING. SO THATS WHY YOU NEED TO KEEP IN SHAPE!

WHAT'S NEEDED TO BE EMOTIONALLY HEALTHY?

CONTROL-ABLE ANGER. REALLY? YES! EVEN JESUS GOT ANGRY! REMEMBER? HE TURNED OVER TABLES OF VENDORS IN THE TEMPLE! WHY COULD HE GET AWAY WITH THAT? NOT JUST BECAUSE HE IS GOD, BUT BECAUSE HE HAD A LEGIT REASON TOO. THEY MADE GODS HOUSE INTO JUST SOME MORE \$. AND GOD IS MORE IMPORTANT THAN CASH. SOMETIMES \$ IS AN IDOL TO US, SO THATS WHY GOD IS ANGRY WITH \$. SO REMEMBER, CONTROLLED ANGER IS WHAT YOU NEED.

WHY DO I NEED TO DO THESE THINGS?

OK, SAY SOMEONE WALKS UP TO YOU AND YOU SAY, "HEY HOW ARE YOU" AND THEY REPLY "C'MON DUDE! I'M MORE IMPORTANT THAN A "HEY" I NEED A BOW AND A HELLO SIR, AND RIGHT NOW!" THAT IS LITERALLY HOW STRESSED ANYONE, INCLUDING YOU COULD GET WITHOUT STRESS MANAGEMENT, YOU WOULDN'T HAVE FRIENDS, YOU'D BE A REALLY HARD PERSON TO WORK WITH, BUT STILL, DON'T FORGET TO SCOLD SOMEONE IF THEY SAY "HEY! GIT! YOU **" BUT ON THE OTHER HAND, GIVE PEOPLE SPACE.***

WHAT'S NEEDED 2 B HEALTHY SOCIALLY?

FACEBOOK- CHECK! TWITTER-CHECK! VIMEO- WAIT! YOU DON'T NEED THOSE! UH?? OK, SO APPARENTLY YOU DON'T KNOW WHAT SOCIAL HEALTH IS, IT MEAN TALKING TO PEOPLE FACE 2 FACE. WHY' D YA WANNA DO THAT? TO HAVE ACTUAL FRIENDS THAT YOU CAN RUN TO THAT AREN'T ICRAP, OR VIDEO GAMES. OH. THATS GONNA BE HARD. WELL IT WORTH IT BECAUSE YOU NEED SOMEONE TO HOLD YOU WHEN SOMETHING HARD COMES YOUR WAY IN LIFE! YOU NEED PEOPLE BESIDES MARIO TO GIVE YOU PEACE!

WHY DO I NEED TO DO THESE THINGS?

***YOUR DAD DIES, AND ALL YOU'VE EVER DONE IS PLAY VIDEO GAMES,
SORRY KID, BUT MARIO CAN'T ADOPT YOU, YEAH, I KNOW YOUR
CRUSHED, BUT THATS WHY YOU NEED TO MAKE FRIENDS, REAL
ONES, THAT CAN HELP YOU, AND NOT HELP YOUR EYESIGHT GO
BAD, THAT CAN ADOPT YOU AND GIVE YOU HELP FOR LIFE, AND NOT
TAKE AWAY YOUR LIFE. IF YOU DON'T KNOW***

WHAT'S YOUR HEALTH STRENGTHS AND WEAKNESS

***I EAT GOOD, BUT BESIDES THAT, EVERYTHING IS EITHER, OK, OR
WORK ON IT A BIT...***

RIGHT NOW, WHERE COULD YOU BE MORE HEALTHY?

UM... I COULD DO SO MTN BIKING, AND SOME OTHER STUFF.

THINGS TO KNOW FOR THE FUTURE

MAKE FRIENDS, ENJOY DIFFERENCES, REMEMBER THAT THE BEST WAY TO BE DIFFERENT IS TO BE YOUR YOURSELF.