January 11, 2025

YOUR BEST YEAR YET!

A Plan for Your Best Health

NOTHING CHANGES IF _____ CHANGES!

WHAT IS ONE CHALLENGE (IN YOUR LIFE PHYSICALLY) THAT YOU WOULD LIKE TO OVERCOME IN 2025?

"…I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well with you."
3 John 1:2 NIV

"…apply your heart to what I teach, for it is pleasing when you keep them in your heart and have all of them ready on your lips."
Proverbs 22:17-18 NIV

"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; you were bought at a price. Therefore honor God with your body."
1 Corinthians 6:19-20 NIV

"…For we are the temple of the living God…" 2 Corinthians 6:16 NIV

"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."
Psalms 139:13-14 NIV

GRADE YOURSELF IN 5 AREAS OF HEALTH (A-F)

1. **SLEEP-**

2. **EXERCISE-**

EXERCISE IS THE #1 BEST THING YOU CAN DO FOR A HIGH QUALITY OF _____ AND ALSO _____.

3. **QUALITY OF FOOD YOU EAT-**

"'I have the right to do anything,' you say - but not everything is beneficial. 'I have the right to do anything' - but I will not be mastered by anything." 1 Corinthians 6:12 NIV

4. **HOW HEALTHY IS THE INPUT THROUGH YOUR EYES AND EARS?**

"The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!" Matthew 6:22-23 NIV

5. **HOW MUCH STRESS DO YOU ALLOW INTO YOUR LIFE?**

"Therefore I tell you, do not worry about your life…Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?" Matthew 6:25-27 NIV

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."
Philippians 4:6 NIV

WHAT AREA OF YOUR HEALTH DO YOU NEED TO CELEBRATE?

WHAT AREA OF YOUR HEALTH REQUIRES A NEW GOAL TO HONOR GOD WITH YOUR BODY?

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship." Romans 12:1 NIV

2025 GOALS

January 4: A Plan for Your Strong Faith

January 11: A Plan for Your Best Health

January 18: A Plan for Your Long-Term Wealth

January 25: A Plan for Your Best Love Life

February 1: God's Plan for Sex and Intimacy

February 8: A Plan for Your Best Friendships

February 15: A Plan for the Family of Your Dreams