

# Be Healthy

DIET | EXERCISE | HABITS

RELATIONSHIPS | FUN | STRESS | SERVICE

Flushing  
community church





Be Healthy

DIET | EXERCISE | HABITS  
RELATIONSHIPS | FUN | STRESS | SERVICE

Flushing  
community church

*Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.*

*Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.*

*1 Corinthians 9:24-25 (NIV84)*

*“For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”*

*1 Timothy 4:7-9 (NIV84)*

*“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*



*Our bodies will fail ...*

*Connect the Physical &  
the Spiritual ...*

*Opportunity to Worship ...*

Be Healthy

DIET | EXERCISE | HABITS  
RELATIONSHIPS | FUN | STRESS | SERVICE

Flushing  
community church