

# Be Healthy

DIET | EXERCISE | HABITS

RELATIONSHIPS | FUN | STRESS | SERVICE

# *hab·it / Noun.*

A settled or regular tendency or practice, especially one that is hard to give up

*And let us consider how we may  
spur one another on toward love  
and good deeds, not giving up  
meeting together, as some are in  
the habit of doing,*

*but encouraging one another—  
and all the more as you see the  
Day approaching.*

*Hebrews 10:24-25 (NIV)*

*“... let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.*

*Hebrews 12:1-2 (NIV)*

*“... as God’s chosen people, holy  
and dearly loved, clothe  
yourselves with compassion,  
kindness, humility, gentleness  
and patience. Bear with each  
other and forgive one another if  
any of you has a grievance*



*against someone. Forgive as the  
Lord forgave you. And over all  
these virtues put on love, which  
binds them all together in  
perfect unity.*

*Let the peace of Christ rule in  
your hearts, since as members of  
one body you were called to  
peace. And be thankful.”*

*Colossians 3:12-15 (NIV)*



# ***PRAISE***

***“All people will proclaim the works of God. The righteous will rejoice in the Lord and take refuge in him ...”***

***Psalm 64:9-10 (NIV)***

# *JUSTICE*

*“Blessed are those who act  
justly, who always do  
what is right.”*

*Psalm 106:3 (NIV)*

# *PRA Y*

*“He and all his family were devout and God-fearing; he gave generously to those in need and prayed to God regularly.”*

*Acts 10:1-3 (NIV)*

# ***CONFORMITY***

***“Do not conform to the  
pattern of this world, but be  
transformed by the renewing  
of your mind.”***

***Romans 12:2 (NIV)***

# ***DEPENDENCE***

*“Sell everything you have and  
give to the poor, and then you  
will have treasure in heaven.”*

*Luke 18:22(NIV)*

# ***LUST***

*“For everything in the world—  
the lust of the flesh, the lust of  
the eyes, and the pride of  
life—comes not from the  
Father but from the world.*



# ***LUST***

*The world and its desires pass away, but whoever does the will of God lives forever.”*

*1 John 2:16-17 (NIV)*

# *I AM DEAD.*

*"I have been crucified with Christ; and it is no longer I who live, but Christ lives in me."  
Galatians 5:24 (NIV)*

*"The greatest single cause of atheism in the world today is Christians who acknowledge Jesus with their lips and walk out the door and deny Him by their lifestyle. That is what an unbelieving world simply finds unbelievable."*

*- Brennan Manning*

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Flushing   
community church