



Choose Life Now

A Christ-centered support and learning center to come along-side men and women who want to submit their bodies to Christ and develop a lifestyle of health.

Week Two

*Beloved, I pray that you may prosper in all things
and be in health, just as your soul prospers.*

3 John 1:2

If we step back and really think about the choices we make in our lives, it all comes from “our head.” God created us to be thinking beings. We have the ability to reason and to choose. And throughout the Scriptures we find instructions about how we think and what we believe.

This week we want to focus on our thinking and what influences us. So watch the video lesson, and then set your mind on these five points for this week.

1. **Immerse Yourself In Health** – Select a few books, magazines, newspaper articles, television programs or other information resources that will teach and enlighten you about health and the amazing workings of your physical body. Read about the damage excess sugar does in the human body or why fiber is so good for you. Fill your mind with good fodder that supports your decision to live a lifestyle of health and well-being.
2. **Study God’s Word About Health** – Here are some of the verses and passages you can look up and meditate on as you open your heart to God and submit to His Word.

Psalms 119: 93

Proverbs 14:30

Proverbs 3:7-8

1 Corinthians 6:19-20

Psalm 103:2-5

3 John 1:2

1 Corinthians 10:31

Jeremiah 33:6

14.Isaiah 1:19

3. **Declare, Decree, Develop** – God’s Word is powerful. It is His living Word to His chosen people, of which you are one! God watches over His Word to perform it in the lives of those who put their trust in Him and His promises. Declare and decree God’s Word over your life. And develop your faith as you continue on your journey toward your lifestyle of health!



4. **Influence and Temptation** – Every day we are exposed to countless messages and opinions about health and food. Especially in the advertisements in magazines and on television. Become increasingly aware of the messages that you hear and see. Be wise. Use your discernment. And don't allow the messages to turn into temptations for things that are not good for you.

The same is true for the people in your life. Friends, family members and co-workers can be significant influencers in your life. Again, be aware and continually reinforce your decision to choose health for your life.

5. **Stay Focused on Health** – You are on a journey – you've entered into a way of living that will be the way you live for the rest of your life. You have chosen health. You have chosen life. Stay focused on this truth. Tell yourself this truth throughout the day. Anytime you sense that you are departing from this way of living, then have "a little meeting with yourself" and get back on track. Be wise. Be your best self. Make choices toward your good health.

Use the next page to write about your spirit, soul and body. Capture impressions, celebrations, revelations and other thoughts.

Remember, if you have any questions; please contact our support team at:

support@faithdrivenlife.com

*Be blessed as you continue to grow in the love and knowledge
of your Lord Jesus Christ.*



SPIRIT The reborn part of you that connects with the Spirit of God.

SOUL Your intellect, emotions, personality and will.

BODY Your physical being and the dwelling place of God's Holy Spirit.
