

DAY FIVE

Step Into Your Lifestyle of Health



Jesus has already made it possible for you to have a lifestyle of health and wellness. He's done His part. Your part is to step in and walk in the Spirit with Him. Make the changes and the tweaks so you can get better, stronger, healthier, and more vibrant. You can do this! You have Him all the time, and He's eager and willing to help and guide you. Begin today. Step into your new life in and with Christ.

What words describe the extraordinary life you want for yourself? _____

With one being low and ten being high, how would you rate yourself?

My health today: _____ Where I want to be: _____

My eating habits today: _____ Where I want to be: _____

My self-value today: _____ Where I want to be: _____

My relationship with God: _____ Where I want to be: _____

My energy level: _____ Where I want to be: _____

God's Word teaches us to delight (take pleasure in) ourselves in the Lord, and He will give us the desire of our hearts (Psalm 37:4). What do you desire for your life?

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

3 John 1:2

