

DAY ONE

You Are God's Treasure



You are God's treasure. He loves you more than you can measure. And He wants (commands) you to love yourself (see Luke 10:27). Today's lesson is about the beautiful YOU.

Take off your "ego glasses" and thank God for creating you. _____

Use your imagination. Think of God creating you, His Masterpiece. Step into His "creator shoes." What is He saying to Himself as He creates you? _____

Get a comfortable position. Close your eyes. For at least 5 minutes, think about your body and thank God for every part of who you are. For example, "Father, I thank you for my legs that allow me to walk and move and go where I want to go."

What did you experience during this exercise? _____

God is with you right now. Tell Him what you desire for your health. What do you really want?

Healthy Habit: Drink Plenty of Water

