

# DAY TWO

## What Does God Say?



Jesus teaches us a sobering truth, “If you love Me, keep My commandments.” (John 14:15). His command is to love God and love others as we love ourselves. We also can see in God’s Word that His desire for us is to be in good health.

Sit quietly and open your heart to your Father. What does He want for your health?

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Read and ponder on Romans 12:1-2. Then open your heart to God. Give yourself to Him.

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What are two or three actions you can do to follow the commitment you made to God?

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Imagine a year from today. What would you like your life to be regarding your health?

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Healthy Habit: Take Small Bites

