

# all IN



## All In on Health | Jeremy M. Gwaltney | October 9, 2022

**Key Thought:** God's ways work. When we follow them we experience health and grow better, stronger, and faster in Him.

### Healthy Things Grow

Wisdom = Fear of God (Proverbs 9:10, Proverbs 22:4)

Life and Doctrine (1 Timothy 4:16)

### Five Areas of Health

\_\_\_\_\_ **Health (Colossians 1:9-10 : ESV)**

\_\_\_\_\_ and \_\_\_\_\_ of the Holy Spirit (Eph. 5:18, Gal. 5:15, 22-23)

Investing Time in the \_\_\_\_\_ of God and \_\_\_\_\_ (Col. 3:16, 4:2,5)

Connecting to \_\_\_\_\_ Family (Col. 2:2-3)

\_\_\_\_\_ **Health (Colossians 3:23-24, Gen. 2:15)**

Realize that God is your \_\_\_\_\_ (Col. 3:24)

Help \_\_\_\_\_ Succeed (Col 2:23)

Practice a \_\_\_\_\_ Rest (Ex. 20:8)

\_\_\_\_\_ **Health (Romans 12:18)**

Practice \_\_\_\_\_ — Start with \_\_\_\_\_ (Col. 3:18-21, Eph. 5:22-6:4)

Communicate \_\_\_\_\_ and with \_\_\_\_\_ (Rom. 12:18b)

Forgive \_\_\_\_\_ than you Get \_\_\_\_\_ (Pr. 19:11)

\_\_\_\_\_ **Health (Matthew 6:21)**

Honor God by \_\_\_\_\_ and \_\_\_\_\_ Generously (Pr. 3:9-10, Mt. 23:23)

Live \_\_\_\_\_ Your \_\_\_\_\_ (Pr. 21:21)

Reduce \_\_\_\_\_ (Pr. 22:7)

\_\_\_\_\_ **Health (1 Corinthians 9:27, Romans 12:1)**

\_\_\_\_\_ Well

\_\_\_\_\_  
\_\_\_\_\_

## Health Assessment Survey

Rate yourself in these five areas on a scale of 1 - 5.

One is the lowest — “health crisis” — and 5 is the highest — “very healthy.”

**SPIRITUAL HEALTH** 1 2 3 4 5

Explanation: \_\_\_\_\_

**PROFESSIONAL HEALTH** 1 2 3 4 5

Explanation: \_\_\_\_\_

**RELATIONAL HEALTH** 1 2 3 4 5

Explanation: \_\_\_\_\_

**FINANCIAL HEALTH** 1 2 3 4 5

Explanation: \_\_\_\_\_

**PHYSICAL HEALTH** 1 2 3 4 5

Explanation: \_\_\_\_\_

List your two strongest areas: \_\_\_\_\_

List your two weakest areas: \_\_\_\_\_

### **STRENGTH Action Plan:**

Write out two “first steps” you can take towards health in your STRENGTH:

Step 1: \_\_\_\_\_

Date to complete: \_\_\_\_\_

Step 2: \_\_\_\_\_

Date to complete: \_\_\_\_\_

### **WEAKNESS Action Plan:**

Write out two “first steps” you can take towards health in your WEAKNESS:

Step 1: \_\_\_\_\_

Date to complete: \_\_\_\_\_

Step 2: \_\_\_\_\_

Date to complete: \_\_\_\_\_