

Healthy Heart Series

"Part 1: Physical Health"

Sermon Study Notes January 30th & February 2nd, 2020

Day 1: The *way* we care for our bodies will either help or hinder our ability to be a reflection of Jesus Christ.

1 Corinthians 3:16 & 6:19-20 Romans 12:1-2
1 Timothy 4:7-8

Day 2: We were created in God's image for HIS glory.

Psalms 139:13-14 Isaiah 58:1-9
Genesis 1:26-31 1 Corinthians 10:31

Day 3: He created us with a purpose.

Isaiah 64:8 Jeremiah 29:11-13
Ephesians 2:10 1 Corinthians 2:9

Day 4: Our choices matter!

Exodus 15:26 Proverbs 3:1-2
James 4:17 Ecclesiastes 12:13-14

Day 5: We were created to be relational.

Genesis 2:18-24 Hebrews 10:25
Galatians 6:2 James 5:16

Day 6: He knows and cares about ALL of our needs.

1 Samuel 16:7 Matthew 6:32
Mark 8:1-8 Psalm 32

Day 7: His instructions are for OUR benefit.

Hebrews 12:7-11 Genesis 2:15-17 & 3:1-7
Psalm 119:97-98 & 105

Who's Your One?

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Who's Your One?

February Prayer Focus: India

EXTRA DAILY READINGS

Day 1: Psalm 86-87	Day 4: Psalm 90
Day 2: Psalm 88-89:1-29	Day 5: Psalm 91
Day 3: Psalm 89:30-52	Day 6: Psalm 92-93
Day 7: Psalm 94	

Personal Reflection...

The Study Note Group meets **Tuesdays at 5:30 pm**
at Gracie's Restaurant, 711 Main Street.

February Prayer Focus: India

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