

This week's Message Notes

Date: 12/31/2023

Sermon Title: Health

Scripture: Isaiah 53:5, 1 Corinthians 6:19-20, 3 John 1:2, Proverbs 3:7-8, Proverbs 3:12, Exodus 23:25, Proverbs 4:20-22, Proverbs 16:24, Psalm 147:3, 1 Peter 5:6-7

Theme: Health is such a popular topic each year as New Year's comes around. It actually could fall into a number of categories. It could be physical health...mental health...spiritual health...emotional health...soul health, etc.

Questions:

1. Which type of health are you strongest in? Which need improvement?
2. How would you describe your body? Would you describe it as a temple?
3. How thankful are you in seasons of waiting?
4. Where/who is the first place that you turn for help/advice?
5. Are you protecting yourself (and others) from negativity?
6. What is your biggest take-away from this message? What are your NEXT Steps?

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