

## WHOLE BEING WELLNESS

Mike Howerton - Lead Pastor

**Self stewardship is \_\_\_\_\_**

**Self-stewardship is foundational \_\_\_\_\_**

*Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Romans 12:1-2 NIV*

**Self-stewardship agrees with God's work of \_\_\_\_\_**

**Self-stewardship is a part of \_\_\_\_\_**

*For God knew his people in advance, and he chose them to become like his Son, so that his Son would be the firstborn among many brothers and sisters. Romans 8:29 NLT*

*Just as we are now like the earthly man, we will someday be like the heavenly man. 1 Corinthians 15:49 NLT*

*You've been raised on the Message of the faith and have followed sound teaching. Now pass on this counsel to the followers of Jesus there, and you'll be a good servant of Jesus. Stay clear of silly stories that get dressed up as religion. Exercise daily in God—no spiritual flabbiness, please! Workouts in the gymnasium are useful, but a disciplined life in God is far more so, making you fit both today and forever. You can count on this. Take it to heart. This is why we've thrown ourselves into this venture so totally. We're banking on the living God, Savior of all men and women, especially believers. 1 Timothy 4:6-10 MSG*

## Let's create momentum:

- **Building our lives on** \_\_\_\_\_

- **Being** \_\_\_\_\_ **every day**

*No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.*

Hebrews 12:11 NIV

March Wellness Blog: **[occ.org/marchwell](http://occ.org/marchwell)**

- **Beating isolation with honest** \_\_\_\_\_

*I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to other I myself might be disqualified. 1 Corinthians 9:27 NLT*

### **FREE Options to MOVE into March Wellness:**

- 1-Month Free Membership to Redmond Athletic Club
- Shelly Campbell's Zumba Class  
(Mondays and Wednesdays @ 12pm in the OCC Gym)
- Sammamish River Trail  
(connecting to the Burke-Gilman Trail) 30 Miles traffic-free
- 7-min.com (Seven Minute Workout)