

JESUS' APPROACH TO PHYSICAL WELLNESS

Mike Howerton - Lead Pastor

Now all glory to God, who is able to make you strong, just as my Good News says. Romans 16:25 NLT

Jesus was involved in _____ wellness

And Jesus went about all Galilee, teaching in their synagogues, preaching the gospel of the kingdom, and healing all kinds of sickness and all kinds of disease among the people. Matthew 4:23 NKJV

Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness. Matthew 9:35 NIV

Jesus grew in wisdom and in stature and in favor with God and all the people. Luke 2:52 NLT

Jesus was active in _____ wellness

He went beyond the Jordan River near the place where John was first baptizing and stayed there awhile. John 10:40 NLT

But woe to you who are rich, for you have received your consolation. Luke 6:24 ESV

No shame, just _____

You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it. Psalm 139:13,14 NLT

No _____

And we believers also groan, even though we have the Holy Spirit within us as a foretaste of future glory, for we long for our bodies to be released from sin and suffering. We, too, wait with eager hope for the day when God will give us our full rights as his adopted children, including the new bodies he has promised us.
Romans 8:23 NLT

Get _____

- _____ **vs. elevator**

- _____ **vs. cart**

- _____ **vs. park close**

Wear a _____

To the end that my glory may sing praise to You and not be silent. O Lord my God, I will give thanks to You forever. Psalm 30:12 NKJV

FREE Options to MOVE into March Wellness:

- 1-Month Free Membership to Redmond Athletic Club
(cards available in the Main Hallway)
- Shelly Campbell's Zumba Class
(Mondays & 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)