



## Health Renewed

*Are doctors any closer to curing the major illnesses of our society?*

“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.” 1 Corinthians 6:19–20, ESV

### IDEAS FOR REFLECTION

*The 21/90 rule asserts that if you can create a new habit for 21 days and then continue for another 90 days, you can experience a permanent lifestyle change! What new habit or lifestyle change could you begin today?*

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### JOURNAL YOUR THOUGHTS

*Creating a new habit can be as easy as finding a friend to walk with you or joining a fitness club. Change does not need to be dramatic. It begins with a decision. What new habits can you begin today? Now that you have decided, write it down!*

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### MY PRAYER

*Lord, I ask you to give me the strength to take control of my life. I see from Scripture that my body is your temple. I thank you for revealing to me the lifestyle adjustments I should make in order to experience life to its fullest.*

*For further studies on this subject and others like it, please visit: [www.LeslieMcNulty.com](http://www.LeslieMcNulty.com), Life & Spirituality TV – Episode 5B—Healing.*