

HABITS

“Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.”

Ministry of Healing p. 127

HABIT

- EASY TO ATTAIN BUT HARD TO BREAK
- TO BREAK A HABIT, YOU MUST REALLY WANT TO CHANGE, NOT JUST THINK YOU DO.
- EXAMINE YOUR REAL DESIRES, TO BE SURE YOU REALLY WANT TO CHANGE.
- IT TAKES 21 DAYS TO REPROGRAM OUR BEHAVIOR TO BECOME AUTOMATIC HABIT.

CHANGE YOUR HABITS, CHANGE YOUR LIFE

■ H - HYDRATION

■ A - AIR

■ B - BIBLE STUDY

■ I - IMPROVEMENT

■ T - TRUST IN GOD

H - HYDRATION

- H - Hydration is very important
- Drink at least 8 glasses of water daily.
- carry a water bottle everywhere
- make water tasty – add lemon slices, orange , watermelon

A - AIR



- ENJOY FRESH AIR – when exercising outdoors, you also get the benefit of sunshine - Vitamin D
- “ The pure air, the glad sunshine, the flower and trees, the orchards and vineyards, and outdoor exercise amid these surroundings, are health-giving, life-giving.” Ministry of Healing , p. 264

B - BIBLE STUDY

- WE NEED TO STUDY THE BIBLE TO HEAR GOD'S STILL SMALL VOICE.
- “Whatsoever things are true... honest... just... pure... lovely... of good report: if there be any virtue, and if there be any praise, think on these things.” Philippians 4:8
- JOIN BIBLE STUDY GROUPS TO BE ENCOURAGED

I - IMPROVE & GET INVOLVED

- Improving a lifestyle factor -- such as diet, stress, smoking, inactivity, etc. -- can **DECREASE** the severity of, **SLOW** the progression, and in some case can even **REVERSE** the disease process.
- Keep moving - get up every hour
- Obese people sat 9.5 hours a day
- Lean people sat 7 hours a day

I - IMPROVE & GET INVOLVED

- Acknowledge that your body and your life change as you get older and fine-tune your habits accordingly.
- as you get older your metabolism slows 1-2% a year after age 30. Three extra bites of food can add 100 calories/day or 10 lbs. at the end of the year!

t - trust

“Trust in the
Lord, and do
good”.
Psalm 37:3





CL

Let us not be weary in doing good, for we will reap in due season, if we don't give up. So then, as we have opportunity, let's do what is good toward all men, and especially toward those who are of the household of the faith. ~ Galatians 6:9-10 ~

CL

- “Your lifestyle choices determine the quality and length of your life. How you choose to live on a daily basis, all your actions and habits, is your lifestyle. Making the right choices enables you to experience health throughout your lifetime.” More Choices,
by C. D. Thomas-Peter

■ H - Heavenly

■ A - Angels

■ B - Bring blessings, and

■ I - Inspiration

■ t - To

■ S - Self: ___(your name)_____