



## **HIS House: Kitchen**

### **Week 41: Personal Health**

#### **Monday**

1) What do you learn about maintaining good health from the following scriptures?

Genesis 2:18

Psalms 127:2

Proverbs 3:7-8, 17:22, 23:19-22

#### **Tuesday**

2) What do these verses tell us about what God says about our personal health?

Matthew 6:16-18

Luke 5:31

I Corinthians 10:23-28

#### **Wednesday**

3) Why is maintaining good health so important?

I Corinthians 3:16-17, 6:19-20

Philippians 3:20-21

## **Thursday**

4) What are your personal goals regarding your physical health? Describe your program of diet and exercise.

## **Friday**

5) Write down 2-3 steps to implement the things you learned this week. Ask yourself what action God is leading you to take.  
What things do you need to start / stop doing?

6) Write a personal prayer as you talk to God, asking for His help to apply the lesson you have just studied.