



STARTING ANEW

# OPTIMAL HEALTH

N  
U  
T  
R  
I  
T  
I  
O  
N

E  
X  
E  
R  
C  
I  
S  
E

W  
A  
T  
E  
R

S  
U  
N  
S  
H  
I  
N  
E

T  
E  
M  
P  
E  
R  
A  
N  
C  
E

A  
I  
R

R  
E  
S  
T

T  
R  
U  
S  
T  
I  
N  
G  
O  
D

N

E

W

S

T

A

R

T

# TRUST

1. Reliance on the integrity, strength, ability, surety, etc., of a person or thing; confidence.
2. A person on whom or thing on which one relies: condition of one to whom something has been entrusted.
3. Confidence in the certainty of future payment for property or goods received; credit: *to sell merchandise on trust.*
4. Confident expectation of something; hope. In God we trust. *Jeremiah 17:7 Blessed is the man that trusteth in the Lord, and whose hope the Lord is.*



A green rectangular road sign with rounded corners and a white border, mounted on two wooden posts. The word "Faith" is written in large, white, sans-serif capital letters. The sign is tilted slightly to the right. The background is a bright blue sky with scattered white clouds.

# Faith

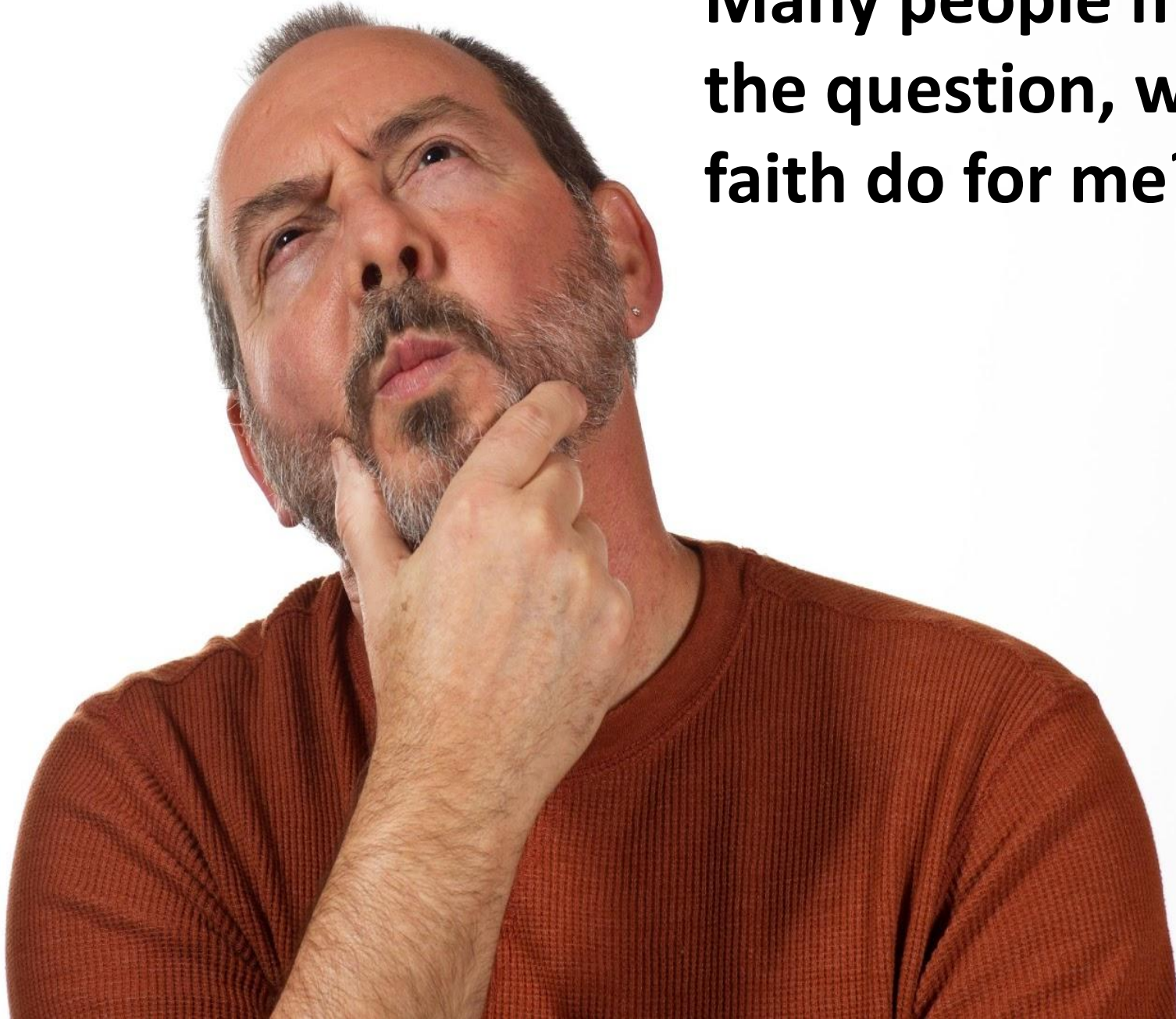
**Proverbs 3:5-6 Trust in the Lord with all your heart,  
And lean not on your own understanding; In all  
your ways acknowledge Him, And He shall  
direct your paths.**

Studies show that faith in God promotes good health.





**Many people may ask  
the question, what can  
faith do for me?**





An active faith  
can actually  
help you make  
positive  
lifestyle  
choices and to  
continue with  
your positive  
choices

**Faith promotes the healthy lifestyle God wants you to live.**





# Church Attendance



Recent studies have revealed that there is mounting evidence that people who attend regular church services, not just Christians services but Muslim and Jewish services, are healthier than those who don't attend.

# WHY???

There is social support, helping one another.

Hebrews 10:25

<sup>25</sup> not forsaking the assembling of ourselves together, as *is* the manner of some, but exhorting *one another*, and so much the more as you see the Day approaching.







**Church attendance aids in giving or achieving your God given plan for your life.**



Our God is Greater

Our God is Stronger

God you are higher than any other

Our God is healer

Awesome in power our God, our God!

# TRUST IN GOD

"We are troubled on every side,  
yet not distressed;  
we are perplexed,  
but not in despair;  
persecuted, but not forsaken;  
cast down, but not destroyed."

*2 Corinthians 4:8,9*



John 8:10-12

<sup>10</sup> When Jesus had raised Himself up and saw no one but the woman, He said to her, “Woman, where are those accusers of yours? Has no one condemned you?”


<sup>11</sup> She said, “No one, Lord.”

And Jesus said to her, “Neither do I condemn you; go and sin no more.”

<sup>12</sup> Then Jesus spoke to them again, saying, “I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life.”







Nay, in all these things we are  
**more than conquerors**  
through Him that loved us.

Romans 8:37

# Precious Promises

Psalm 62:8 Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us

Psalm 112:7 He shall not be afraid of evil tidings: his heart is fixed, trusting in the Lord.

Proverbs 3:5 Trust in the Lord with all your heart; and lean not unto your own understanding.

# Peter's Ladder

2 Peter 1:3-8

<sup>3</sup> According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue:

Agape Love

Brotherly  
Kindness

Godliness

Patience

Temperance

Knowledge

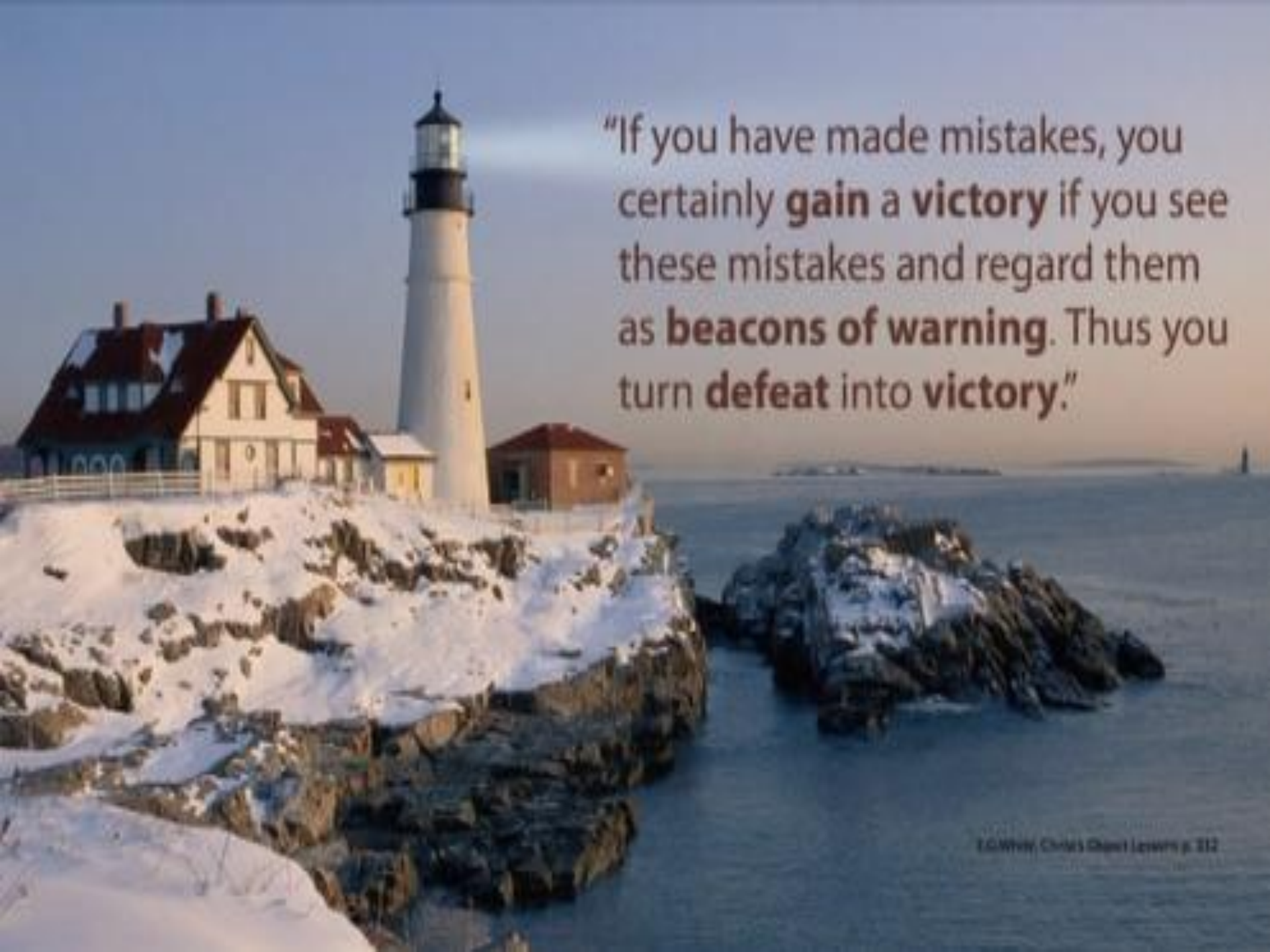
Virtue

Faith

<sup>4</sup> Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.





A photograph of a white lighthouse with a black lantern room, situated on a rocky cliff covered in snow. To the left of the lighthouse is a two-story white building with a red roof. The ocean is visible in the background under a clear sky.

"If you have made mistakes, you certainly **gain a victory** if you see these mistakes and regard them as **beacons of warning**. Thus you turn **defeat** into **victory**."

# Trust in God and **RECOVERY**

*- Essential for a Healthy Life -*





3 John 2 Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.







STARTING ANEW