

Our Mission:

To promote healthy life management through research-informed, Biblically based educational programs and resources.

www.MyChristianCare.org

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Please read this before you begin -

Do you prefer to write or just reflect? While the research shows many benefits to "journaling," not everyone enjoys or prefers to write out his/her thoughts. If you prefer not to write in this Journal, consider reflecting thoughtfully on each question or exercise.

Living Healthy By Choice was created through the combined efforts of team members from Christian Care Ministry Inc, Sonrise House, and The Change Companies®.

About Christian Care Ministry

Christian Care Ministry is a sharing ministry that allows Christians across the nation and around the world to share certain expenses, and it is an innovative health ministry that offers programs and services for disease prevention and reversal. For information about

- *Medi-Share*, a medical bill sharing ministry,
- *Manna*, a sharing program for lost income due to a disability,
- *Restore*, a program in which you can work with your own personal Health Consultant,
- *Healthy Church*, health initiatives that provide a wide range of health-related programs for individuals, churches, parachurch organizations, and Christian businesses and corporations,

call: **800-772-5623** - extension **2911** for health programs and resources

or

visit the website: **www.MyChristianCare.org**

About Sonrise House

Sonrise House publishes discipleship materials in the *Interactive Journaling*® format, providing a structured writing experience that assists individuals in applying Biblical truth to important life choices and changes. This process goes beyond traditional workbooks to lead persons from knowledge of Biblical truth to practical steps of application in their attitudes, habits, addictions and relationships.

1-877-697-5487

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About The Change Companies®

The Change Companies® is a national publishing, consulting, training and video company that works with leading industry experts to develop effective, evidence-based materials that assist individuals in making positive life change. They are the creators of *Interactive Journaling*®.

www.changecompanies.net

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Assumptions

- *Health is much more a function of our day-to-day choices than of our genes, gender or age.*
- *Most individuals are living far below their health, fitness, performance, quality of life and their longevity potential.*
- *God has built a tremendous recovery potential into our physical body – a capacity to reverse many of the effects of disease, injury and disuse.*
- *We can extend our life expectancy and can live more years disability-free than is currently true in Western society.*
- *Scripture is our final authority for life and salvation and provides foundational principles, and often considerable detail, for addressing every major area of life - spiritual, relational, sexual, vocational, recreational, physical and financial.*
- *Fields such as medical science, psychology and anthropology are valuable and necessary sources of knowledge to be considered and applied in the light of the teaching of Scripture.*

A person wearing a black shirt and a helmet is riding a bicycle on a grassy hill. In the background, there is a rustic wooden fence made of vertical posts and horizontal rails. The sky is blue with some light clouds.

My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man's whole body.

(Proverbs 4:20-22)

Session One - Becoming healthy is a choice



It is our choices more than gender, age or genetics that determine our health. With the confusing array of conflicting health-related information that comes our way via TV, radio and the printed page, how do we know which choices are the best choices?

How much can we draw from the Scriptures – both the Old and New Testaments – and how should we apply what we are learning from medical science?

Genetics can make us more vulnerable to certain conditions such as obesity, cancer, diabetes and heart disease, but in most cases, genetics must combine with unhealthy choices and lifestyle for a major disease to develop.

Can my choices shape my future?

How much say do you believe you have in shaping your life, including your health?

Which of your choices have made the greatest positive impact on:

your spiritual life? _____

your relationships with others (including who you've chosen as friends, employers, mate)?

your career or work? _____

your health and fitness? _____

your self-confidence? _____

Can my choices shape my future?

What is the number one choice you've made that, if you had known *then* what you know now, you would have taken a different path?

Is there anything you need to do in the present to counteract that negative choice in the past?

Wisdom is the foundation for right (or good)

Wisdom is Biblical knowledge applied to life.

The fear of the LORD is the beginning of wisdom, and knowledge of the Holy One is understanding. For through me your days will be many, and years will be added to your life. If you are wise, your wisdom will reward you; if you are a mocker, you alone will suffer.

(Proverbs 9:10-12)

Wisdom will not elude those who actively seek it.

If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.

(James 1:5)

Name a person who has significantly benefitted by your choices:

Describe how your choices benefitted him/her:

Is there something you can do in the present to promote the good of this person? What?

Wisdom brings with it good judgment (wise choices).

“Lay hold of my words with all your heart; keep my commands and you will live. Get wisdom, get understanding; do not forget my words or swerve from them. Do not forsake wisdom, and she will protect you; love her, and she will watch over you. Wisdom is supreme; therefore get wisdom. Though it cost all you have, get understanding.”

(Proverbs 4:4-7)

Wisdom is a key doorway to total health.

Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones.

(Proverbs 3:7-8)