

3 Things to Do to Be a More Healthy You



PROTECT THE HEALTH OF YOUR MIND.

Mental health is so important to being a more healthy you. Good mental health does not come apart from God nor without the help of His Holy Spirit. You have an enemy that loves to attack your mind with toxic thoughts. To truly protect your health, you must renew your mind to accept the perfect will of God (Romans 12:2).

PROTECT THE HEALTH OF YOUR SOUL.

You are a soul that has been made alive by the very breath of God. To protect the health of your soul you need to have a good spiritual foundation. Your soul needs to be rooted and grounded in God's truth. In order for that to happen, you must nourish it with the Word of God (Luke 4:4).



PROTECT THE HEALTH OF YOUR BODY.

You only have one life to live and you've been given one body to do it in. To protect the health of your body, you must first learn that your body is the temple of God. You were created to be the house of God's Holy Spirit. For that reason, you are to treat your body with the utmost respect and honor to God and for God (1 Corinthians 6:19).

Read the full article here: [3 Things to Do to Be a More Healthy You](#)