

Whole Health

We honor God by caring for our bodies.

Ephesians 6:19-20

Honor God by getting great sleep.

Matthew 11:28-30

Honor God by eating healthy food.

1 Corinthians 10:31

Honor God by regularly exercising.

Our physical health affects our mental, emotional, and spiritual health.

Do not kid yourself, a conflict is never about the surface issue. It's about one's unsaid, untreated, and unhealed wounds. Georgina Hughes