

## The Effects of Emulation

(What happens in us when we follow Jesus)

### Week 3: Healthier You

February 16, 2025

#### Series Verses

"...And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image."

2 Corinthians 3:16–18b (NLT)

"Live a life filled with love, following the example of Christ..."

Ephesians 5:2a (NLT)

#### 1. \_\_\_\_\_ Health.

"My child, pay attention to what I say. Listen carefully to my words. <sup>21</sup> Don't lose sight of them. Let them penetrate deep into your heart, <sup>22</sup> for they bring life to those who find them, and healing to their whole body."

Proverbs 4:20–22 (NLT)

" And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him."

Romans 12:1 (NLT)

#### 2. \_\_\_\_\_ health.

"Do not judge others, and you will not be judged. Do not condemn others, or it will all come back against you. Forgive others, and you will be forgiven."

Luke 6:37 (NLT)

"Always be full of joy in the Lord. I say it again—rejoice! <sup>5</sup> Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. <sup>6</sup> Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup> Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

Philippians 4:4–7 (NLT)

#### 3. \_\_\_\_\_ health.

"Give, and you will receive. Your gift will return to you in full—pressed down, shaken together to make room for more, running over, and poured into your lap. The amount you give will determine the amount you get back."

Luke 6:38 (NLT)

"Give freely and become more wealthy; be stingy and lose everything. <sup>25</sup> The generous will prosper; those who refresh others will themselves be refreshed."

Proverbs 11:24–25 (NLT)

"So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' <sup>32</sup> These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. <sup>33</sup> Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."

Matthew 6:31–33 (NLT)

#### 4. \_\_\_\_\_ Health.

"But the wisdom from above is first of all pure. It is also peace loving, gentle at all times, and willing to yield to others. It is full of mercy and the fruit of good deeds. It shows no favoritism and is always sincere. <sup>18</sup> And those who are peacemakers will plant seeds of peace and reap a harvest of righteousness."

James 3:17–18 (NLT)

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect."

Romans 12:2 (NLT)

"...But those who live to please the Spirit will harvest everlasting life from the Spirit. <sup>9</sup> So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up."

Galatians 6:8a–9 (NLT)

**My Health Needs:** \_\_\_\_\_

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