



Spiritual Exercises... For a Healthier Life

Believe in God

Believe in & Receive God's Love

Believe God Forgives You

Believe God's Spirit Lives in You

Have Faith & Trust in God

Love God

Love & Serve Others

Obey God

Read & Study the Bible

Pray/Meditate

Attend Church &

Worship w/ Others

Confess Your Sins

Cry Out to God

Surrender to God/Let Go

Forgive

Think Spiritual Thoughts/

Renew Your Mind

Be in Community with Others

Abide in God's Presence

*"Spend your time and energy in training yourself for spiritual fitness. Physical exercise has some value, but **spiritual exercise** is much more important for it promises a reward in both this life and the next. This is true and everyone should accept it."*

1 Timothy 4:7-9 (NLT, 1st Edition)