

The

Faith Wellness Plan



Why be a worried, wobbly weakling? Firm up your faith with our never-fail three-point Faith Wellness Plan!



Exercise Those Faith Muscles

Say this verse out loud every morning when you get up, and every night before you go to bed.

KEY VERSE

I can do all this through him who gives me strength.

Philippians 4:13

Think of three difficulties or problems that could be substituted for the words "do all this" in that verse.



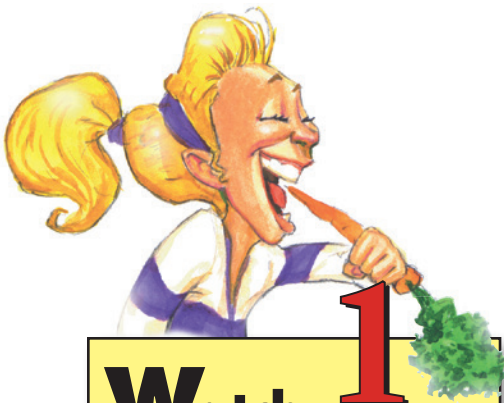
Get Proper Rest

Look up Philippians 4:6-7. God says *not* to

_____, but

that we should

then He will give us



Watch Your Diet

Look up Philippians 4:8. What kinds of things should you put in your mind?

Look up Psalm 119:105. Where's the best place to go for good mental nutrition?



Follow these simple steps regularly and your faith is bound to grow stronger and stronger. Start today!