

**Getting a Grip  
Getting a Grip on Your Health  
January 24 & 25**

God cares more about our physical health and condition than we do.

The Holy Spirit of God dwells in each follower of Christ.

Relationships that offer encouragement and support are highly effective.

Our motivation will typically determine our outcome.

We need to make sure our health does not become an idol.

Start by identifying small steps you can take.

**Key Passages:** Romans 12:1-2, 1 Corinthians 6:19-20,  
Colossians 3:23