

## A Healthy Life: Week 5

### Growing a Healthy Spiritual Life

1. Embrace and live in the amazing grace of Jesus!
2. Partake of a consistent diet of Scripture.
3. Make a relentless commitment to thankfulness.
4. Grow a consistent discipline of confession and repentance.
5. Sabbath well.
6. Notice God's presence and listen for His whispers.
7. Invest your hours and days in things that have eternal weight.

**Key Passages:** Ephesians 2, Ephesians 4, 2 Timothy 3, Exodus 20