

Life Lessons

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If You Had A Million Dollar Race Horse

Do you not know that your body is the temple (the very sanctuary) of the Holy Spirit Who lives within you, Whom you have received [as a Gift] from God? You are not your own, you were bought with a price [purchased with a preciousness and paid for, made His own]. So then, honor God and bring glory to Him in your body. 1 Cor. 6:19-20.

If you had a million dollar race horse, will you feed it junk food all the time? Will you not make it exercise regularly? Will you make it work day and night without proper rest? I bet you'll do everything you can to take proper care for this "winning horse." Friend, you're worth much more than a million dollar race horse. Your body is not only where you live it is also where God of the universe resides. It is God's intention that you live a long, healthy, fruitful life not only for yourself but to influence the world around you.

This is why it is so important to *build a lifestyle of healthy habits*. If we do our part, God will make sure to *"Bless our food and water and take sickness and disease from the midst of us."* Exodus 23:25. There are three things we must do in order to live a good old age and keep sickness and disease away from us.

1. **Eat fresh, live food.** Educate yourself and learn what's healthy and what's not? **Green vegetables and fruits** contain iron, calcium, vitamin C and dietary fiber which lower your cholesterol, prevent cataract, and improves your stomach health. Learn to snack on **fruits, nuts and raw vegetables**. Avoid foods high in fat and refined carbohydrates, which promote cancer. **Cut down on meat and eat more fish**. Drink plenty of **water** and sip on **green tea**. Do not keep junk food in your house. Avoid canned and packaged food where 90 percent of nutrients are taken out. Go easy on sugar

and deserts. Remember, life is all about balance.

2. **Be active and have fun doing it.** Exercise will energize your body for long-lasting health. Exercise improves both mental and physical health. With regular exercise, you'll feel less stressed out and have more energy to be productive. Walk, run, swim, ride bike, do aerobic, start gardening. Break a sweat. Whatever your thing is, go ahead and just do it.
3. **Get 8 hours of sleep.** Sleep is like shutting down a computer. It rids you from all the fatigue and stress of the day. The number one cause of stress in our society is lack of sleep. Even God had to put Adam to sleep to bring something beautiful out of him! Sleep gives you happier moods. Sleep makes you look and feel better. Sleep allows you to lose a few pounds. Avoid caffeine, nicotine, alcohol, exercise and bright light before bedtime. Create a regular sleeping routine. Researchers have found that for every hour or sleep before 2 A.M. equals to two hours of sleep. Remember, "Early to bed, early to rise makes us all healthy, wealthy and wise."

Friend, if you're fighting a sickness or a disease, **KNOW** that "by His stripes, you're healed." Jesus is still in the business of miraculous healing. It is yours by faith!