



Part
6

Recovering Healthy Habits

This week our team continued the series *Recovery Plus*. This last year there was so much that was lost but the God we serve is a recovery plus God. We are looking together at how to recover what has been lost by God's grace and mercy. So, gather with your family or go through these points alone each week and let's grow together.

The Lord says, I will give you back what you lost... Joel 2:25 NLT

1. It is so easy for us to fall into unhealthy patterns and to develop unhealthy habits, especially during a pandemic. Since one of the things that Jesus came to do was restore our freedom (read John 8:32; Galatians 5:1 and 16-25) we can break bad habits and recover or begin healthy ones.
2. Exercise isn't quite the habit that most people have in mind, but your spiritual health and physical health go hand in hand (read Mark 12:30 and 3 John 2). If you value exercise it could keep you strong enough to serve others and remember small changes that are easily repeated can lead to consistent success. Here is your challenge for this week: go for a 10-minute walk while meditating on one scripture verse for the next seven days. Afterwards let's see how much healthier and closer to God you are.
3. There are three basic habits to cultivate your spiritual life and they were the foundational habits of Jesus' life. He read the Word of God by habit (Luke 4:16), He prayed by habit (Luke 22:39), and He passed on to others by habit what He had, like seed sown into peoples lives (Mark 10:1). Make it a habit today to read the Bible daily, to pray in private, and to pass on to others what God gives you.
4. What are the healthy habits that you don't want to do but know you need to do?
 - Eat more fruits and vegetables or make time for regular exercise
 - Ask someone to forgive you or forgive someone else
 - Go to marriage counseling and face your problems
 - Make time in your schedule for daily prayer and meditation

Close in Prayer