



Part
6

Recovery+

Recovering Healthy Habits

It is for freedom that Christ has set you free. Stand firm then, and do not let yourselves be burdened again by a yoke of slavery.

— Galatians 5:1

Exercise Healthy Habits

Love the Lord your God with all of your heart, and with all of your soul, and with all of your mind, and with all of your strength.

— Mark 12:30

Healthy Habits of Jesus

He stood up to read as was His custom.

— Luke 4:16

Memor Verse - *If anyone is in Christ, the new creation has come: The old has gone, the new is here!*

— 2 Corinthians 5:17, NIV