

Series: New Year, New Mind

Whole Health – **1 Cor. 9:24-27**

A natural response to learning is > “Sure I need to do that, but show me how”

Last week we established that the Bible teaches us to cast off anxiety
Naturally we all agree with that, but may be wondering “how to get there?”

Some suggested steps along the path – you may want to add others...

Avoid these

Screen time

Gambling

Substances

Argumentative spirit

Trigger topics

Cultivate these

Healthy relationships

Healthy sleep pattern

Church commitment

Luke 2:52

1 Thess. 5:23

Gal. 6:2

Matt. 5:9

2 Tim. 2:23-24