

A PARENT'S GUIDE TO THE SPIRITUAL PRACTICE OF HEALTHY LIVING



What does scripture say about Healthy Living? Over the month, look at these passages and wonder together about their meaning for your family.

- Romans 12:1
- 1 Corinthians 6:19-20
- Hebrews 4:9-10
- Hebrews 13:16
- Deuteronomy 30:19-20
- 1 Corinthians 10:31



What are the surprising benefits of Healthy Living?

Freedom is found through discipline.

Your future is not determined by the goals you set, but by your daily habits.

RSVP for these weekly opportunities!

Fun facts from Robin Ferraro, Associate Director of Student Wellness and Achievement:

Did you know that every 28 days, your skin replaces itself? Your liver, 5 months. Your bones, 10 years. Your body makes these new cells from the food you eat. What you eat literally becomes you.

Discuss ways your family practices Healthy Living. Here are a few examples:

We cook and eat healthy meals. We take walks and exercise together. We take time to practice Sabbath. Share your own family list.

This month's spiritual practice and service project opportunities

- Friday, February 6th, 1:30 p.m. at the Community House - Make and take a Healthy Meal
- Thursday, February 12th, 4:30 p.m. at the Basketball Gym - Move with Family Games
- Saturday, February 21st, 2:00 p.m. at the Fitness Center - Rest with scripture and prayer
- Friday, February 27th, 2:00 p.m. at the Community House - Pick up your Service project

Childcare is available with a reservation for Weeks 1 and 3

Discuss these questions during the month

Week 1: What are the ways we can practice eating healthy food?

Week 2: What are some new ways to move more as a family?

Week 3: How can we practice physical and spiritual rest together as a family?

Week 4: What are some new opportunities to serve others as a family?