

# 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



RSVP for these weekly opportunities!

## **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.

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