

## INNER HEALTH

### Part 2

## OUTER HEALTH

- We take better care of our bodies
  1. Life span increases - average in 1974 - 71.79 years; 2024 - 79.25
- Factors involved in longer life
  1. A study of Blue Zone centenarians - people living to over 100
  2. Five key factors

## INNER (SPIRITUAL) HEALTH

- Learning to take care of our inner lives
  1. A key reason we are to guard our heart  
**(Proverbs 4:23 NKJV) (Proverbs 18:14 NKJV)**
  2. Similar factors influence inner and outer health
- Diet - what we consume **(1 Timothy 4:6-7 NKJV)**
  1. Nourished with words of faith and good teachings
  2. Diet - what we reject
- Exercise - what we do
  1. Toward living for God - godliness
  2. Exercise involves what we choose to think on **(Philippians 4:8 NKJV)**
  3. Involves our words **(Colossians 3:8 NKJV)**
  4. Involves our actions **(James 1:21-22 NKJV)**
- Purpose - why we wake up in the morning
  1. More than survival
  2. More than living just to make ourselves happy
  3. We have the privilege of serving the Lord Jesus **(Colossians 3:23-24 NKJV)**
- Relationships - good people around us
  1. We are connected **(Ephesians 4:25-26 NKJV)**
- Less stress
  1. We were not built for anxiety **(Philippians 4:6-7 NKJV)**