



Please send me more details on finding a personal relationship with God

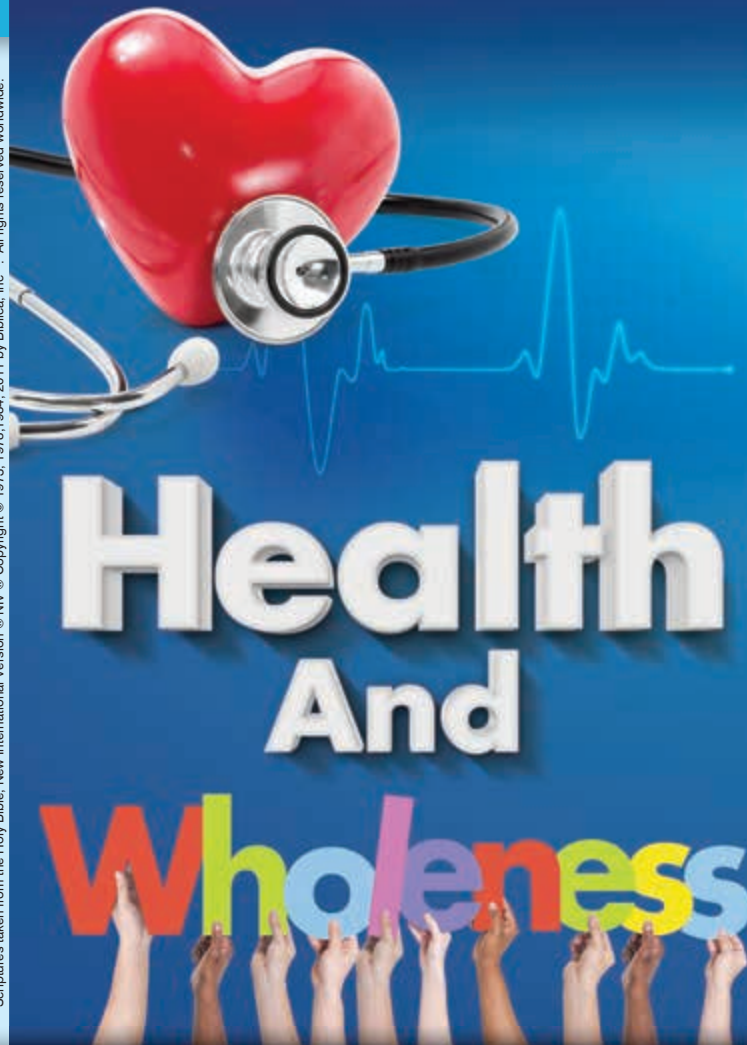
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Health and Wholeness

We all want to live healthy, happy and fulfilled lives. And there are many ways by which we can help ourselves to avoid disease and make the most of our life circumstances.

However, there's much more to the best of health than just the absence of illness. And you can discover this for yourself today, so long as you're willing to look in

the right direction with an open heart and mind...



Recognising the SYMPTOMS

In today's world many of us live anxious, empty, troubled lives. We become discouraged and depressed, looking to our doctors for medication to help us feel better.

But although this can usually prove helpful, a prescription can never give us true and lasting peace in our hearts. This is because though each of us has been made by God to enjoy a personal relationship with Him, we cannot know His best for us because of our basic self-centred nature...

...your iniquities (sins) have separated you from your God...
Isaiah 59:2

However, He planned a way by which this can be 'put right'... through His Son, the Lord Jesus Christ, who says...

...I am the way and the truth and the life. No-one comes to the Father except through me.

John 14:6

But this is only part of the story...



Facing the **DIAGNOSIS**



A wholesome diet with low levels of sugar, salt and fat content (which helps prevent a build up of cholesterol) is an important factor in developing a healthy body.

Yet our long term well-being is also under threat - not so much from what we consume... but because even the best of us have rejected God and His right as our Maker to order our daily living. And evidence of this is all around us...

...sexual immorality, impurity... hatred... jealousy, fits of rage, selfish ambition... envy... drunkenness.

Galatians 5:19-21

...and the consequences are terminal...

...people are destined to die once and after that to face judgment...

Hebrews 9:27

Thankfully, God offers us far more than simply a 'healthy warning'...

Receiving the **TREATMENT PLAN**

This is because we're all precious to Him. He loves us, He wants the best for us and proved this by sending His Son, the Lord Jesus Christ, to die on the Cross of Calvary, taking the punishment that our wrong-doing deserves...

God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

Romans 5:8

Just as the pursuit of a healthy lifestyle means saying 'no' to harmful drugs, including alcohol and cigarettes, so in response to Calvary we're called to turn away from all we know to be wrong...

...he commands all people everywhere to repent.

Acts 17:30

And in seeking His forgiveness and asking the risen Christ Jesus into our lives to become our Saviour and Lord, we receive a brand new start in life...

...if anyone is in Christ, that person is a new creation. The old has gone, the new is here!

2 Corinthians 5:17

...with the motivation and power to live a new lifestyle...



Accepting the **COST**

Taking regular exercise is another very important key to keeping fit and well. Though this can be costly in time and effort, disciplined commitment is essential if we're to safeguard good health and reach our physical potential.

And in a similar way the Lord Jesus Christ warns us that our loyalty to Him will be costly if we're to become one of His true followers...

Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.

Luke 9:23



Welcoming the **OUTCOME**

A wholesome diet, regular exercise and avoiding harmful drugs, including nicotine and alcohol, are all important in developing a healthy lifestyle. But 'getting right' with God will have a much more beneficial effect upon our physical and mental health than we realise.

In asking Christ Jesus to become our Saviour and Lord He comes to live in us by His Spirit producing in us such health-promoting characteristics as...

...love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Galatians 5:22-23

And the outcome of becoming a true Christian is nothing short of eternal life expectancy...

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

John 3:16

So this is the challenge facing you today...

Whoever believes in him is not condemned, but whoever does not believe stands condemned already...

John 3:18

The next step is yours!