

WISDOM ON HEALTH

Wisdom For Daily Living | October 11, 2026

PROVERBS 3:7-8 (NLT)

Do not be wise in your own eyes;
fear the Lord and shun evil.
This will bring health to your body
and nourishment to your bones.

1. THE SOURCE: _____

Proverbs 14:27; Proverbs 10:27; Proverbs 19:23; Proverbs 4:20-22

Greg Anderson, The 22 Non-negotiable Laws of Wellness

Wellness is the complete integration of body, mind, and spirit - the realization that everything we do, think, feel, and believe has an effect on our state of well-being.

2. THE CENTER: _____

Proverbs 14:30; Proverbs 17:22; Psalm 73:25-26,28

3. THE BODY: _____

Proverbs 25:28; Proverbs 25:26; Proverbs 25:27