

Vital Signs Part 4

5/3/26

2 Corinthians 7:1 NIV

3 Vital Places In Our Life

- ✓ Spirit
- ✓ Soul
- ✓ Body

1 Thessalonians 5:23 MSG May God himself, the God who makes everything holy and whole, make you holy and whole, put you together—spirit, soul, and body—and keep you fit for the coming of our Master, Jesus Christ.

Proverbs 17:24 GNT An intelligent person aims at wise action, but a fool starts off in many directions.

How to Create Your Own Rule of 5

- Identify Your Primary _____
- Choose Five Actions That Makes _____
- Keep Them _____ And Repeatable
- Do Them _____ Day
- Review And _____ As Needed

Rule Of 5 To Recover & Stay Spiritually Healthy

- ✓ Daily: Time In His _____

Joshua 1:8 NLT Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.

Declare: I will look for the _____ in my life in His word.

- ✓ Daily: _____ to Him

Matthew 6:33 NLT Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

Psalm 68:19 NIV Praise be to the Lord, to God our Savior, who daily bears our burdens.

3 Ingredients for Prayer.

- Choose A Specific _____

Psalm 5:3 NLT

- Choose A Specific _____

Mark 1:35 NLT

- Choose A Specific _____

Matthew 6:8-13 NKJV

Declare: I will _____ with Him each day.

- ✓ Daily: _____ Him

Psalm 145:1-3 NLT

Declare: I am thankful for what God has _____ for me.

- ✓ Daily: Maintain Healthy _____

Hebrews 3:13 NIV

Declare: I will _____ God's love to someone each day.

- ✓ Daily: _____ him.

Jeremiah 17:7 NLT

Notes and Scriptures that I need to remember:
