



Better Health

1 Corinthians 6:19-20 NLT: Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself,²⁰ for God bought you with a high price. So you must honor God with your body.

Luke 5:16 NIV: Jesus often withdrew to lonely places and prayed.

Before starting his ministry: Luke 3:21-22

When tempted by Satan: Matt 4:1-11

Before selecting disciples: Luke 6:12

Before feeding 5000: Mark 6:41

Before raising Lazarus: John 11:41-42

Before walking on water: Mark 6:45-46

After John the Baptist's death: Matt 14:13

On the cross: Mark 15:34

Luke 5:16 NIV: Jesus often withdrew to lonely places and prayed.

Matthew 26:37-38: He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. 38 Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."

Luke 5:16 NIV: Jesus often withdrew to lonely places and prayed.

Pre-decide: commit when you're strong so you don't waver when you're weak.

It's vital to establish some rituals—automatic but decisive patterns of behavior—at the beginning of the creative process, when you are most at peril of turning back, chickening out, giving up, or going the wrong way. – Twyla Tharp, *The Creative Habit*