

**Berean Christian Church**  
**Dr. Kerwin B. Lee, Senior Pastor**

**Bible Study**

April 30, 2024

**“Your Future Health Can Be Greater Than Your Past”**

**Jeremiah 29:11**

*“For I know the plans I have for you,” says the LORD. “They are plans for good and not for disaster, to give you a future and a hope.” (NLT)*

**I. Strategies for Better Health**

Listed below are approaches that can be taken to improve your health.

1. \_\_\_\_\_ can assist you in enhancing your health.

**Proverbs 3:7-8**

*“Do not be wise in your own eyes; fear the Lord and shun evil. 8) This will bring health to your body and nourishment to your bones.” (NIV)*

2. \_\_\_\_\_ can assist you in enhancing your health.

**Proverbs 4:20-22**

*“My child, pay attention to what I say. Listen carefully to my words. 21) Don't lose sight of them. Let them penetrate deep into your heart, 22) for they bring life to those who find them, and healing to their whole body.” (NLT)*

3. \_\_\_\_\_ can assist you in enhancing your health.

**Jeremiah 8:22**

*“Is there no medicine in Gilead? Is there no physician there? Why is there no healing for the wounds of my people?” (NLT)*

4. \_\_\_\_\_ can assist you in enhancing your health.

**Daniel 1:12-15**

*“Please test us for ten days on a diet of vegetables and water,” Daniel said. 13) “At the end of the ten days, see how we look compared to the other young men who are eating the king's food. Then make your decision in light of what you see.” 14) The attendant agreed to Daniel's suggestion and tested them for ten days. 15) At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food assigned by the king.” (NLT)*

(OVER)

5. \_\_\_\_\_ can assist you in enhancing your health.

**Luke 8:43-44**

*“A woman in the crowd had suffered for twelve years with constant bleeding, and she could find no cure. 44) Coming up behind Jesus, she touched the fringe of his robe. Immediately, the bleeding stopped.” (NLT)*

## II. Personalities for Better Health

Listed below are various people who can help individuals improve their health.

1. A relationship with \_\_\_\_\_ can improve your health.

**Genesis 49:20**

*“Asher’s land will grow much good food; he will grow food fit for a king.” (NCV)*

2. A relationship with \_\_\_\_\_ can improve your health.

**Proverbs 15:17**

*“A bowl of vegetables with someone you love is better than steak with someone you hate.” (NLT)*

3. A relationship with \_\_\_\_\_ can improve your health.

**Ecclesiastes 12:9**

*“The Teacher was very wise and taught the people what he knew. He very carefully thought about, studied, and set in order many wise teachings.” (NCV)*

4. A relationship with \_\_\_\_\_ can improve your health.

**Daniel 1:16-20**

*“So after that, the attendant fed them only vegetables instead of the food and wine provided for the others. 17) God gave these four young men an unusual aptitude for understanding every aspect of literature and wisdom. And God gave Daniel the special ability to interpret the meanings of visions and dreams. 18) When the training period ordered by the king was completed, the chief of staff brought all the young men to King Nebuchadnezzar. 19) The king talked with them, and no one impressed him as much as Daniel, Hananiah, Mishael, and Azariah. So they entered the royal service. 20) Whenever the king consulted them in any matter requiring wisdom and balanced judgment, he found them ten times more capable than any of the magicians and enchanters in his entire kingdom.” (NLT)*

5. A relationship with \_\_\_\_\_ can improve your health.

**Mark 2:17**

*“When Jesus heard this, he told them, “Healthy people don’t need a doctor— sick people do. I have come to call not those who think they are righteous, but those who know they are sinners.” (NLT)*

### III. Activities for Better Health

In the areas below, list activities you can engage in to improve your health.

1. What **emotional** exercises can improve your health?

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2. What **mental** exercises can improve your health?

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3. What **physical** exercises can improve your health?

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4. What **relational** exercises can improve your health?

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5. What **spiritual** exercises can improve your health?

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