

4 Steps to a Happier, Healthier You

BY RICK WARREN

There is a direct connection between your spiritual health and your physical health. In fact, the Bible is full of health advice you're probably not going to read about in a nutritional book.

Here are four things from Scripture you can do to live healthier life:

- 1 Trust in God.** You're either going to worship or worry in life. You're either going to pray or panic. The Bible says, *"I said to myself, 'Relax, because the LORD takes care of you'"* (Psalms 116:7 NCV). God wants you to trust him and relax. He will take care of you!
- 2 Confess your sin.** One of the healthiest things you can do in life is to receive the forgiveness of God. Don't repress or suppress your sin. Instead, express it to God. Because if you don't talk to God about it, you'll take it out on your body. This happened to David: *"When I refused to confess my sin, my body wasted away, and I groaned all day long . . . Finally, I confessed all my sins to you . . . and you forgave me!"* (Psalm 32:3-5 NLT).
- 3 Give generously.** It's not a mistake that the word "miser" and "miserable" come from the same word. Misers are miserable. They're always sad, but givers are always glad. Proverbs 11:25 says, *"The generous will prosper; those who refresh others will themselves be refreshed"* (NLT).
- 4 Have fun.** Life is meant to be enjoyed, not merely endured. In fact, the Bible tells us that God created everything for our enjoyment. 1 Timothy 6:17 says, *"They should place their confidence in God who richly provides us with everything to enjoy"* (GW).