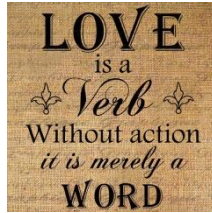


## 4: Take Action to Love God

### God took action to love us:

“For God so loved the world, that He gave His only begotten Son, that whoever believes in Him should not perish, but have eternal life” (John 3:16 NAS).



### Believers take action to love God:

1. Jesus said, “If you love Me, you will keep My commandments” (John 14:15 NAS).
2. Since Jesus died for us, we live for Him: “He died for all, that they who live should no longer live for themselves, but for Him who died and rose again on their behalf” (2 Corinthians 5:15 NAS).

## 5: Take Action to Love Others

We are motivated by God’s love for us: “We love, because [God] first loved us” (1 John 4:19 NAS).

### Jesus commanded His followers to love

others: “A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. By this all men will know that you are my disciples, if you have love for one another” (John 13:34-35 NAS).



## 6: Give as You Have Received

What we have is from the LORD: David prayed: “Everything comes from you [O LORD], and we have given you only what comes from your hand” (1 Chronicles 29:14 NIV).

Remember God’s blessings by giving proportionately: “Each of you must bring a gift

in proportion to the way the LORD your God has blessed you” (Deuteronomy 16:17 NIV).

The LORD blesses giving that is proper and first: “Honor the LORD from your wealth, and from the first of all your produce; so your barns will be filled with plenty, and your vats will overflow with new wine” (Proverbs 3:9-10 NAS).

## 7: Serve as You Are Able

God planned our work: “For we are [God’s] workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them” (Ephesians 2:10 NAS).

We have abilities, others have needs: “As each has received a gift, use it to serve one another” (1 Peter 4:10 ESV).

## 8: Be Prepared to Answer

Honoring Christ as Lord, let us always be ready to give an answer to others: “...in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect” (1 Peter 3:15 NIV).

So let us be healthy by ♦reading, ♦studying, ♦memorizing, ♦praying, ♦living, and ♦sharing God’s Holy Word!

## You Are Invited to Attend and Benefit

**Website:** [BethlehemLutheranChurchParma.com](http://BethlehemLutheranChurchParma.com)

**Location:** 7500 State Road, Parma, Ohio 44134  
(Just South of Pleasant Valley Road)

**Schedule:** See our “Join Us” brochure

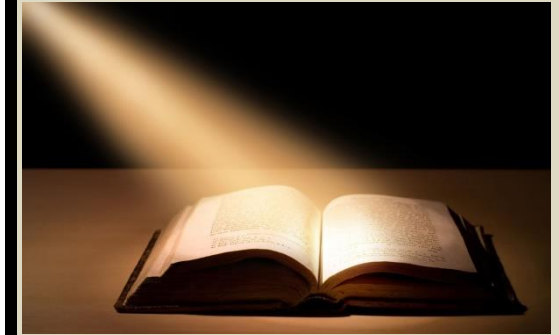
**Facebook:** “Bethlehem Lutheran Church Parma”

**Podcast:** “Benefit from the Bible”

**Contact:** 440-845-2230; [pastor@blc7500.com](mailto:pastor@blc7500.com)

(Last Update: 2-17)

# Are You Healthy?



## Practical Advice for Every Christian!

### Introduction

#### Dear Friend:

What are the key ingredients of good physical health?

- Healthy eating!
- Regular exercise!
- The blessing of God—as He enables our bodies to respond to food and exercise!



When we are physically ill, sometimes we know it – *fever, pain*; but sometimes we don’t know it – *cancer!* When we feel bad enough **or** the test results come back positive, *we seek the care of a doctor.* We hear his/her advice; then, *because we want to be healthy,* we take faithful action!

## Which is more important – PHYSICAL health or SPIRITUAL health?

- The Bible gives this answer: “...while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come” (1 Timothy 4:8 ESV).
- So physical health has some value, it is a blessing to us during our lives on earth; however, *spiritual health has much value now and forever!*

## What are the key ingredients of good spiritual health?

- Healthy eating— *which means to hear, read, mark, learn, and inwardly digest God’s Word!*



- Regular exercise— *which is faithful application of God’s Word!*



- The blessing of God—*as He makes His Word part of us and empowers us to apply it to our lives!*

In regard to heaven, God is calling everyone to repent and believe, *thus to be sorry for their sins and trust in Jesus as their Savior!*

This brochure does not focus on being saved, *but on being and living as ones who are saved!* Our time hearing / reading God’s Word is our *spiritual eating*; our time living God’s Word is our *spiritual exercise*.

### **Both are essential for spiritual health!**

Let us gladly and consistently apply the contents of this brochure to our lives!

## Brochure Summary

1. Receive the Sermon Weekly
2. Feed on the Bible Daily
3. Pray Without Ceasing
4. Take Action to Love God
5. Take Action to Love Others
6. Give as You Have Received
7. Serve as You Are Able
8. Be Prepared to Answer

***Whether we are able to gather at Bethlehem or not, all of the following EIGHT ACTIONS should be an important part of our Christian lives!***

### 1: Receive the Sermon Weekly

#### By Attending at Bethlehem:

1. Sundays: 8:00 & 10:45
2. Mondays: 7 PM
3. Festival Seasons and Days: See our “Join Us” brochure!



#### By Reading the Sermon: Get a printed copy:

1. From the Narthex table rack.
2. From a mailing (*just make a request*).
3. From our church website.
4. From Pastor’s weekly email.

#### By Listening to the Sermon:

1. Computer – website: [www.BethlehemLutheranChurchParma.com](http://www.BethlehemLutheranChurchParma.com)
2. Computer – email: Subscribe to weekly email on the home page of our website.
3. Smart Phone / Tablet: Subscribe to our podcast: “Benefit from the Bible”

#### Apple Users (I-Phone, I-Pad):

- ✓ Go to your App Store.
- ✓ Search for “Overcast”
- ✓ Install the “Overcast: Podcast Player”
- ✓ Search for “Benefit from the Bible”
- ✓ Start downloading and listening.



#### Android Users:

- ✓ Go to your App Store.
- ✓ Search for “Podcast Addict”
- ✓ Install the “Podcast Addict” app.
- ✓ Search for “Benefit from the Bible”
- ✓ Start downloading and listening.



### 2: Feed on the Bible Daily

#### Read Next Sunday’s Scripture readings:

1. Look up the references: See last Sunday’s Service Folder.
2. Read this week’s “Living the Lutheran Lectionary” study: It includes next Sunday’s lessons and some comments.
3. Attend the “Living the Lutheran Lectionary” study: Thursdays, 10-11 AM

#### Read a Daily Devotional Booklet:

1. Portals of Prayer: Read one page each day; many extra prayers in the back.
2. Meditations: Read one page each day; some extra prayers in the back.

### 3: Pray Without Ceasing

A wonderful trade: “Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus” (Phil. 4:6-7 NAS).



Ask for what is needed: “Ask, and it shall be given to you; seek, and you shall find; knock, and it shall be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it shall be opened” (Mt. 7:7-8 NAS).