

# Spiritual Health Kit

LOVED TO LOVE

“We love because he first loved us.” 1 John 4:19 esv

## ① Thank You God

“Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”  
1 Thessalonians 5:18 esv

“Enter his gates with thanksgiving, and his courts with praise! Give thanks to him;  
bless his name!” Psalm 100:4 esv

**Yesterday**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**Today**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

## ② Pause + Pray

(1 min)



Scan this QR Code to  
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Scan this QR Code to  
Download the Headspace App

9 Pray then like this:

“Our Father in heaven, hallowed be your name.

10 Your kingdom come, your will be done, on earth as it is in heaven.

11 Give us this day our daily bread,

12 and forgive us our debts, as we also have forgiven our debtors.

13 And lead us not into temptation, but deliver us from evil.

Matthew 6:9-13 esv

### ③ Identity I am Loved. I Belong. I have Purpose.

“And behold, a voice from heaven said, “This is my beloved Son, with whom I am well pleased.”  
Matthew 3:17 esv

“For we are his workmanship, created in Christ Jesus for good works, which God prepared  
beforehand, that we should walk in them.” Ephesians 2:10 esv

#### Lies

I am \_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

#### Truth

I am \_\_\_\_\_

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### ④ Word + Worship

(Bible Life) + (Worship Life)

“In the beginning was the Word, and the Word was with God, and the Word was God.” John 1:1 csb

“For the word of God is living and effective and sharper than any double-edged sword, penetrating as far as the separation of soul and spirit, joints and marrow. It is able to judge the thoughts and intentions of the heart.” Hebrews 4:12 csb

“All Scripture is inspired by God and is profitable for teaching, for rebuking, for correcting, for training in righteousness, so that the man of God may be complete, equipped for every good work.” 2 Timothy 3:16-17 csb

“God is spirit, and those who worship him must worship in Spirit and in truth.” John 4:24 csb

“speaking to one another in psalms, hymns, and spiritual songs, singing and making music with your heart to the Lord,” Ephesians 5:19 csb



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### ⑤ “Go” Love the One

“The one who does not love does not know God, because God is love.” 1 John 4:8 csb

“Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe everything I have commanded you. And remember, I am with you always, to the end of the age.” Matthew 28:19-20 csb