

LIGHTFEST PRAYER GROUP NEWSLETTER ST. GREGORY RC CHURCH—BROOKLYN

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THE WELLNESS EDITION:
*SPIRIT *MIND AND *BODY



Avocado, tomatoes, are tasty treats.

God's Healing Word

EXODUS 23:25

Worship the Lord your God, and his blessing will be on your food and water. I will take sickness from among you.

Philippians 4:7 And

the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus.

Romans 12:2 Do

not conform to the pattern of this world, but be transformed by the renewing of your mind.



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LIGHTFEST TO TH CLOISTERS ON SEPTEMBER 22; WE PROMISE A PRAYERFUL, INFORMATIVE AND FUN TIME.

LET'S FOCUS ON HEALTH IN THIS ISSUE. JOURNEY WIITH ME.

Recently I have been thinking more about what constitutes HEALTH. Is it just exercising the body or is it more comprehensive than that? Health means wellness in *SPIRIT* which focuses on the eternal aspect of our lives. A healthy *MIND* concentrates on harnessing our thoughts and emotions while a healthy *BODY*, means working at strong muscles, nutritional eating and how often we get curative sleep. Any wellness program that concentrates on these three areas is going to be effective.

THE SPIRIT—Do you not know that you are God's temple and that God's Spirit dwells in you? *1 Corinthian 3:16*. Have we made room for the Holy Trinity in our lives? We should be filling our spirit with prayer, Bible reading, and meditating on the beauty of life. We know that life is not always easy but it affords us hope, love, and laughter. This brings us to the second component of health...

THE MIND—Whatever is noble, right, pure, lovely, admirable-if anything is ex-

cellent or praiseworthy – think about such things. *Philippians 4:8*. Stay positive. happy, and hopeful. Socialize, laugh, and read uplifting books.

THE BODY—A joyful heart is good medicine, but a crushed spirit dries up the bones. *Proverbs 17:22*. This shows the interconnectedness of the Spirit, Mind and Body. A strong body helps stave off disease. Sleep cures mind, body and spirit.



Eat pasta, rice, starchy foods meats, fish and dairy in moderation.

A HEALTHY SPIRIT IS...

...ABLE TO KEEP US BOUYANT WHEN WE FACE OBSTACLES. One article states these five ways to a healthy spirit: 1. Put away all sin in our lives. Our sinful habits often lead to the obstacles that harm

us. 2. Trust that God provides strength and wisdom to deal with all obstacles. It is OUR intelligence, education, or money that gets us out of situations. Think of people who you know with all these attributes and who still suffer. 3. Deal

with the strongholds in our mind. Fears, worry and doubt paralyze us. Some of us never recover. 4. God can use all obstacles for his purpose. Our spirits get stronger when we draw close to God in prayer. 5. NOTHING IS TOO DIFFICULT FOR GOD.

A HEALTHY MIND IS...



Drink plenty of liquids including water, tea, and fresh fruit juices

GOD'S HEALING WORD

Daniel 1:8 But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way.

Psalm 119:93 I will never forget your precepts, for by them you have preserved my life.

...ABLE TO BE COURAGEOUS IN THE FACE OF OBSTACLES... 1. When you wake up in the morning thank God in prayer for a new day. Then complete the statement. "My purpose is to _____ today." 2. Take a 10-30 minute walk, daily. Smile as you walk it is the ultimate anti-depressant. 3. Determine to live with THE 3 E's—ENERGY, ENTHU-

SIASM, AND EMPATHY. 4. Make peace with your past so it won't destroy your present. 5. No one is in charge of your happiness except you. 6. Forgive everyone for everything. 7. Do the right thing. 8. Get rid of anything that is not useful, beautiful or joyful. 8. Call your family often. 9. Each night before bed, complete the following

statements, "I am thankful for——." "Today I accomplished ——" 10. Remember that you are too blessed to be stressed. A healthy mind means that we are resilient when the pressures of life close in on us. We remain positive and happy. God has blessed us so the world cannot stress us. We CHOOSE to be mentally and physically healthy.

A HEALTHY BODY IS...

...ABLE TO HEAL QUICKLY FROM PHYSICAL OBSTACLES...1. Exercise regularly. Choose an activity you can sustain. 2. Don't smoke. If you do smoke try quitting. 3. Get enough sleep. Eight hours nightly, this is when the body heals 4. Avoid chronic

stress. Stress is like sand paper wearing away your health. 5. Maintain a healthy weight. When we are too heavy our joints hurt and our heart is over-exerted. If we are into yo/yo dieting our body becomes stressed. 6. Eat a healthy diet lots of fruits and

vegetables and less candies and sodas. 7. Drink lots of liquids, which includes water, tea, real fruit juices, less sugary drinks. 8. Wash your hands to prevent spreading germs. 9. Cultivate hobbies that totally engage you. Gardening, cycling, walking reading, or journaling keeps you occupied and happy.

Bible Wordsearch

Fit the words in the list into the diagram below reading forward, backward, up, down, diagonally, always in a straight line.

Proverbs Chapter 31

Puzzle # 124



fresh fruit in its season. Fresh fruit is better than dried fruit.

J	H	E	S	Y	U	B	N	D	N	A	B	S	U	H
U	I	L	E	T	A	G	E	E	Y	S	E	L	L	S
M	I	D	L	U	N	C	N	T	A	U	G	H	T	V
R	I	E	G	A	R	A	I	T	Y	G	A	N	D	A
E	A	R	N	E	D	N	L	L	F	I	E	L	D	L
H	N	S	E	B	G	T	U	P	H	E	E	R	F	U
T	E	S	E	R	I	A	F	F	A	M	I	L	Y	E
O	E	E	D	E	H	T	O	L	C	P	B	B	R	A
M	D	S	L	T	S	K	R	O	W	R	D	S	O	D
O	Y	I	I	D	R	P	L	A	E	O	E	T	G	E
D	A	H	R	N	O	E	A	D	V	F	R	I	E	N
S	F	R	C	A	A	I	D	C	N	I	E	O	V	P
I	A	P	M	W	F	T	P	H	T	D	N	N	O	S
W	R	O	E	E	B	L	E	S	S	E	D	G	L	D
O	W	R	S	R	E	L	U	R	D	S	D	R	O	L

AFAR
AFFAIRS
ARISE
BEAUTY
BLESSED
BREAD
BUYS
CHILDREN
CLOTHED
DEGREES
DEFEND
DIGNITY
EAGER
EARNED
ELDERS
FAITHFUL
FAMILY
FIELD
FOOD
GATE
HUSBAND
JUDGE

LAND
LINEN
LORD
MOTHER
NEEDY
NOBLE
PLANTS
PRAISE
PROVIDES
RESPECTED
REWARD
RULERS
SELLS
SPEND
SPINDLE
STRONG
TAUGHT
TRADING
VALUE
VIGOR
WISDOM
WOMAN

After you find all the hidden words the left over letters spell out a Bible verse reading from the top left to the bottom right