

# who will you be in '23?

## *How to be Healthier*

Name and describe one or two life arenas where you're aiming for better health this year.

What often feels most challenging and trips us up in our quest for greater health?

Read the following Scriptures. After exploring each one, complete this statement:

**"Based on these biblical lines, a helpful health renewal insight is . . ."**

[Psalm 139:13-17](#)

[Matthew 4:23](#)

[Proverbs 3:5-10](#)

[Romans 12:1-2](#)

**Jesus is our best example for growing healthier.**

What prompts you to agree or disagree with this statement?

Consider these *ideas for healthier mindset and action*:

- Pick just one or two vital areas for physical progress.
- Build your two-step or three-step, heart-felt plan. Be specific and action-biased.
- Get help from other helpful, healthy people.
- Be courageous to go to the doc.
- Be courageous to come to prayer team.
- When you're starting to waver, recall Jesus' mercy and sacrifice for you!

Which of these ideas seems most helpful for you right now? Why?

Which of these ideas will you take action on this week? How?

**Get Ready for Next Week:**

**who will you be in '23? // How to be Holier**

Each day pick two or more of the following to read. Reflect on how the verses inform your view of becoming holier in 2023.

[Gen 1:26-2:3](#)

[Ex. 20:8, 22:31](#)

[Lev 11:44-45, 20:8, 26](#)

[Deut 5:12, 7:6](#)

[1 Samuel 2:2](#)

[Isa 1:4](#)

[Matthew 1:18, 20](#)

[Mark 1:24](#)

[Luke 1:49](#)

[John 14:26](#)

[Acts 1:8, 10:38](#)

[Romans 1:2, 1:7, 12:1-2](#)

[1 Cor. 1:2, 6:19](#)

[Eph. 1:4, 1:18, 5:3](#)

[Col. 3:12](#)

[Hebrews 12:14](#)

[1 Peter 1:15-16](#)

[Revelation 22:11](#)