

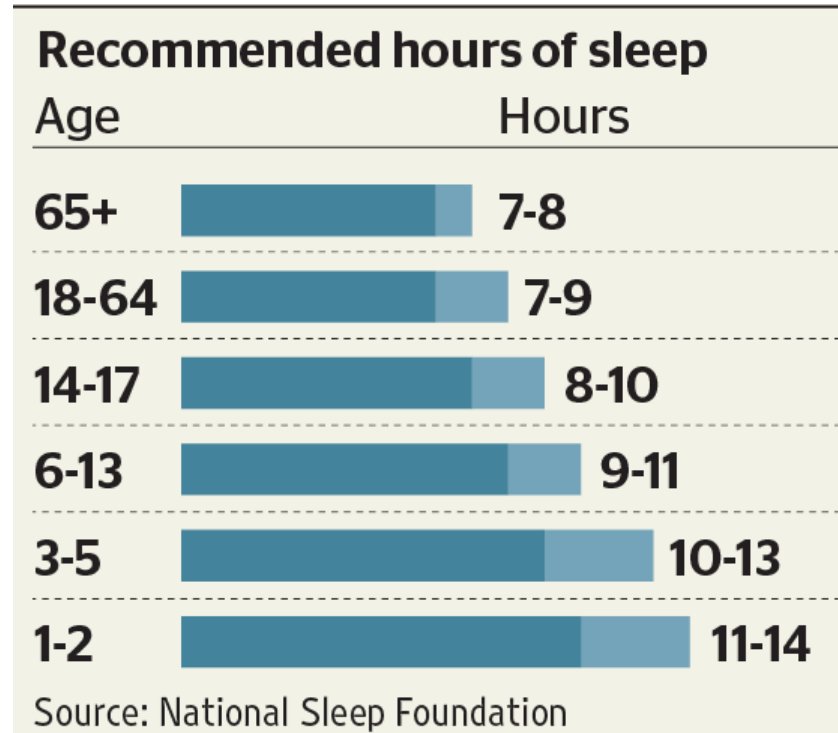


THE PRACTICES OF JESUS

**A Spiritually Healthy Lifestyle**

1. Sleep
2. Nutrition
3. Movement

# 1. Sleep

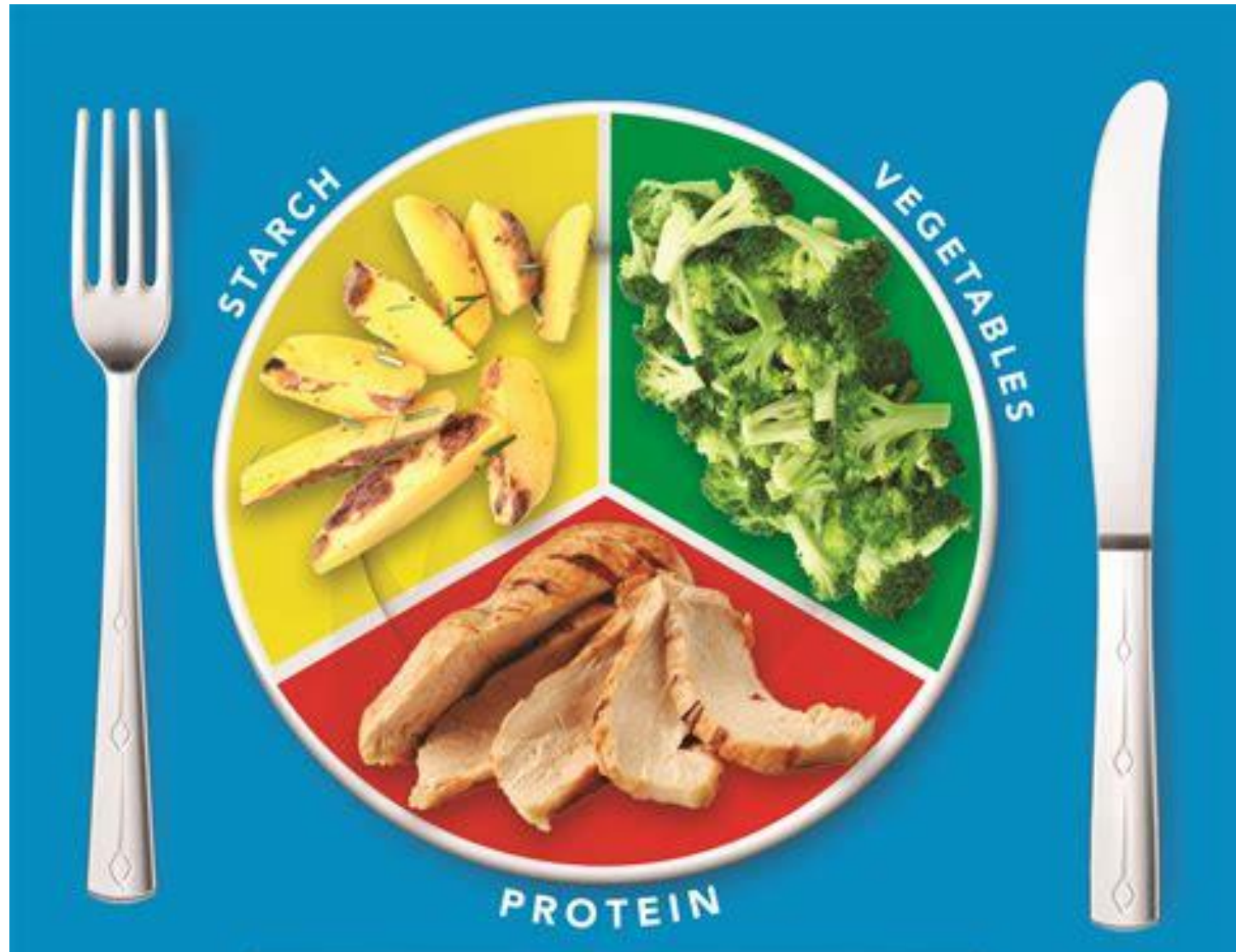


Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for my souls. Jesus, Matthew 11

Learn the unforced rhythms of grace.

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience. Hebrews 4

## 2. Nutrition



Humans cannot live by  
bread alone but by every  
word that comes out of the  
mouth of the Lord. Jesus

### 3. Movement

ADULTS NEED  
**150** MINUTES  
OF HEART PUMPING  
PHYSICAL ACTIVITY PER WEEK.



Research shows that even short,  
**10 minute bouts** of physical activity  
are associated with increased fitness.

Source: Canadian Society for Exercise Physiology: Canadian Physical Activity  
Guidelines for Adults

  
**PARTICIPACTION**  
*Let's get moving.*

[participACTION.com](http://participACTION.com)

Do not merely listen to word and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in it – not forgetting what they have heard, but doing it – they will be blessed in what they do. James 1.25



As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. My command is this love each other as I have loved you. Jesus, John 15. 9-12