“Health Starts with the Heart”

Health Care Sunday,
St Peter’s Church
October 16, 2016
Biblical Health

• The Biblical Perspective;
  – Wellness, not just absence of infirmities;
  – ‘Real’ = Physical + Spiritual

• Spiritual Health makes for Physical Health;
  – ‘Shalom’ & ‘Marpe’
  – The Mark 2 Narrative.
Guarding the Heart
Guarding the Heart

- 1 Samuel 16: 7;
- Mark 12: 30;
- Psalm 119: 9,11;
- Matthew 15: 16-20;
- Luke 12: 34;

➢ The Biblical understanding of the Heart;

➢ Importance of the Heart, Prov. 4: 23.
Health and Community
Health and Community

• The Importance of Relationships;
  – Our relationship between ourselves as important as with God

• We impact upon the Physical & Spiritual wellbeing of Others!
  – The truth of Mark 2: 5
  – The mission of FEO as a Christian Enterprise

• Taking our Spiritual health – and our relationships in community seriously....