7 Ways “God Made It Simple to Take Care of Your Temple”

1. Honor Your Body.
   1 Corinthians 6:20, says You were bought at a price. Therefore honor God with your body. (New International Version)

2. Eat Seed Bearing Foods.
   Genesis 1: 29 says, Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. (New International Version)

3. Control Your Appetite.
   Proverbs 23:2 says and put a knife to your throat if you are given to gluttony. (New International Version)

4. Don’t Eat Fat.
   Leviticus 3:17 says, 'This is a lasting ordinance for the generations to come, wherever you live: You must not eat any fat or any blood. (New International Version)

5. Stay Strong.
   Deuteronomy 34:7 says, Moses was a hundred and twenty years old when he died, yet his eyes were not weak nor his strength gone. New International Version

6. Wine is a Mocker.
   Proverbs 20: 1 says Wine is a mocker and beer a brawler; whoever is led astray by them is not wise. New International Version.

7. Stay Active.
   Genesis 2:15 says, The Lord God took the man and put him in the Garden of Eden to work it and take care of it. New International Bible

   Romans 12:2 says, Be not conformed to this world, but be transformed by the Renewing of your mind.

This Fitness Seminars are based on Biblical Health Principles and Scientific Facts.

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