



The Pillars of Healthy Living
with God

beautifullyfulfilled.com





The Pillars

1. Spiritual health
2. Emotional health
3. Mental health
4. Physical health

spiritual health

To be in communion with and walking with God.

Q: How have you been walking with God today?

emotional health

To be at peace and living from a heart at rest.

Q: What does rest mean to you? How have you practiced rest with God today? How does this concept make you feel?



The Pillars

1. Spiritual health
2. Emotional health
3. Mental health
4. Physical health

mental health

To have a sound mind and heart.

Q: How has your heart been today? What about your mind? Any thoughts that have been running around freely that you need to take captive?

physical health

to feel good within your own skin, feel grateful for your body, be stewarding it well with a fun daily activity and feel like you have the power to avoid temptations and walk in the power you've been given.

Q: How have you been active today? Is there any shame, guilt, or slothfulness you need to work on with God?



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