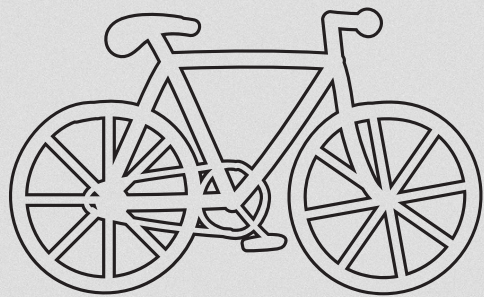


H E A L T H



Scripture:

2 Cor 4:7-11, "But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair;..."

Journal Prompt:

Where is God inviting me to invest and steward my physical and emotional health this year?

Prayer:

Dear God, I thank you that when I feel afflicted I will not be crushed, because you are my protector. I trust you with what I cannot see and believe that you are at work in my life and those that I love. Amen.