

How to Stay Healthy for the Rest of Your Life

Healing, Week Nine

Healing can happen in a moment. But healing is *also* a lifetime journey. Healing is the ongoing process of becoming the healthiest, holiest, happiest version of yourself, and it's ultimately a work of God that takes a lifetime.

We're wrapping up this series on healing, but we're not done actually healing yet because it takes a lifetime.

We equate healing with *healing from trauma*, but healing is really a broad term that has to do with **becoming healthy** over the long haul.

God wants to use your whole lifetime to make you into the healthiest, holiest, happiest version of yourself!

What God plans to do IN you...

Philippians 1:6 NLT

And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

God began the work of healing...

God will continue the work of healing...

God will finish the work of healing!

What YOU can do in response to what God wants to do...

Philippians 2:12-13 NLT

Work hard to show the results of your salvation, obeying God with deep reverence and fear. For God is working in you, giving you the desire and the power to do what pleases him.

1. Align with God's purposes.

From being *out of alignment* to being *aligned* with God's purposes.

To become the holiest, healthiest, and happiest version of yourself, it's a matter of making the ultimate aim and goal of your life **whatever pleases God**.

2. Allow God to do his best work in you.

To keep on becoming the best YOU that you can be, keep on allowing God to do the best work that HE can do in you.

When you obey God, he will continue to give you both the desire and the power to live out his purposes for you.

So... **are you aligned with God's purposes?** Or are you operating out of alignment?

Will you let him begin his work in you today by trusting and receiving Jesus?