

RESTORED HEALTH . . . GOD'S WAY

God, the Master Restorer, is working in each of our lives to make us spiritually whole, physically robust, mentally fit, socially connected, and professionally impactful, so that we can live the full life He created us to live. We cooperate with His restorative work by following a pattern of living given to us at Creation.

R - Remain in God's presence

E - Establish healthy rhythms for living

S - Savor nutritious foods

T - Take pleasure in movement

O - Optimize relationships

R - Resolve difficult situations

E - Engage in God's kingdom work

D - Demonstrate God's restorative work in me

*"The thief comes only to steal and kill and destroy;
I have come that they may have life,
and have it to the **full**."*

John 10:10, NIV