



Physical benefits

## Description

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## Physical Benefits of Christianity

The Bible is full of promises of physical benefits for those who follow the teachings of Jesus Christ. From improved physical health to increased wealth, the Bible offers a variety of physical benefits for those who choose to follow its teachings. In this blog post, we will explore some of the physical benefits of Christianity and how they can be applied to our lives.

### 1. Improved Physical Health

The Bible is full of verses that speak to the importance of physical health. Proverbs 3:7-8 says, “Do not be wise in your own eyes; fear the Lord and turn away from evil. It will be healing to your body and refreshment to your bones.” This verse speaks to the importance of taking care of our physical health and how it can be a source of healing and refreshment.

### 2. Increased Wealth

The Bible also speaks to the importance of financial stewardship. Proverbs 13:11 says, “Wealth gained hastily will dwindle, but whoever gathers little by little will

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increase it.â?• This verse speaks to the importance of being wise with our finances and how it can lead to increased wealth.

### 3. Improved Mental Health

The Bible also speaks to the importance of mental health. Philippians 4:8 says, â??Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirableâ??if anything is excellent or praiseworthyâ??think about such things.â?• This verse speaks to the importance of having a positive mindset and how it can lead to improved mental health.

### 4. Increased Happiness

The Bible also speaks to the importance of being happy. Psalm 37:4 says, â??Take delight in the Lord, and he will give you the desires of your heart.â?• This verse speaks to the importance of finding joy in the Lord and how it can lead to increased happiness.

### 5. Improved Relationships

The Bible also speaks to the importance of having healthy relationships. Ephesians 4:2 says, â??Be completely humble and gentle; be patient, bearing with one another in love.â?• This verse speaks to the importance of being patient and kind with others and how it can lead to improved relationships.

These are just a few of the physical benefits of Christianity. By following the teachings of Jesus Christ, we can experience improved physical health, increased wealth, improved mental health, increased happiness, and improved relationships.

**Salvation Prayers** : Dear Lord Jesus, I come to you today acknowledging my need for salvation. I confess that I have sinned and fallen short of your glory. But I believe that you died for my sins and rose again. I ask that you come into my heart and be my Lord. I commit to following you and living for you every day. Thank you for your love and for the gift of eternal life. In your name I pray, Amen. [Amen](https://www.xgospel.net/harvest_form/form/?page=0&salvation=true) If you prayed the above prayers kindly click here to get more information [https://www.xgospel.net/harvest\\_form/form/?page=0&salvation=true](https://www.xgospel.net/harvest_form/form/?page=0&salvation=true)

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Example: Joy, Love, 1 John 1:3

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### Quiz

1. What does Proverbs 3:7-8 say about physical health?

- A. It is unimportant
- B. It will be healing to your body and refreshment to your bones
- C. It should be ignored
- D. It is a source of stress

2. What does Proverbs 13:11 say about wealth?

- A. It should be ignored
- B. It will dwindle
- C. It is unimportant
- D. It should be pursued

3. What does Philipians 4:8 say about mental health?

- A. It should be ignored
- B. It is unimportant
- C. Think about such things
- D. It will be healing

4. What does Psalm 37:4 say about happiness?

- A. Take delight in the Lord
- B. It should be ignored
- C. It is unimportant
- D. It will be healing

5. What does Ephesians 4:2 say about relationships?

- A. It should be ignored
- B. It is unimportant
- C. Be patient, bearing with one another in love
- D. It will be healing

### **Discussion Questions**

1. What other physical benefits can be found in the Bible?
2. How can we apply the physical benefits of Christianity to our lives?
3. What are some practical ways to improve our physical health?
4. How can we be wise with our finances?
5. What are some practical ways to improve our relationships?

### **FAQs**

Q: What are the physical benefits of Christianity?

A: The physical benefits of Christianity include improved physical health, increased wealth, improved mental health, increased happiness, and improved relationships.

Q: What does the Bible say about physical health?

A: The Bible says that physical health is important and that it can be a source of healing and refreshment. Proverbs 3:7-8 says, "Do not be wise in your own eyes; fear the Lord and turn away from evil. It will be healing to your body and refreshment to your bones."

Q: What does the Bible say about wealth?

A: The Bible says that wealth should be pursued in a wise manner. Proverbs 13:11 says, "Wealth gained hastily will dwindle, but whoever gathers little by little will increase it."

Q: What does the Bible say about mental health?

A: The Bible says that having a positive mindset is important for mental health. Philippians 4:8 says, "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

Q: What does the Bible say about happiness?

A: The Bible says that finding joy in the Lord is important for happiness. Psalm 37:4 says, "Take delight in the Lord, and he will give you the desires of your heart."

Q: What does the Bible say about relationships?

A: The Bible says that being patient and kind with others is important for healthy relationships. Ephesians 4:2 says, "Be completely humble and gentle; be patient, bearing with one another in love."

**Rededication Prayers** : Dear Lord Jesus, I come to you today with a heart of repentance. I confess that I have strayed from your path and have not been living according to your will. But I am here to rededicate myself to you and to make a commitment to follow you with all my heart. I ask for your forgiveness and for the strength and guidance to walk in your ways. I thank you for your love, grace, and mercy. I give you my all, my heart, my mind, my soul, and my strength, I trust in you and I pray this in Jesus' name, Amen. [Amen](#)

If you prayed the above prayers kindly [click here](#) to get more information

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Quiz Answers

1. B

2. B

3. C

4. A

5. C

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