

# *Health and Faith*

A close-up photograph of two hands holding two interlocking puzzle pieces. The piece on the left is labeled 'Faith' and the piece on the right is labeled 'Health'. The puzzle pieces are a reddish-orange color. The background is a soft, warm yellow light. The hands are positioned as if about to connect the two pieces.

*Sunday, February 19<sup>th</sup>, 2023*

# 1 Timothy 4:8

<sup>8</sup> For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

# 1 Timothy 5:23

<sup>23</sup> Stop drinking only water, and use a little wine because of your stomach and your frequent illnesses.

# Galatians 5:13

<sup>13</sup> You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.