



**GETTING
HEALTHY**

**STAYING
HEALTHY**

Philippians 1:6 (NLT)

God, who began the good work within you, **will continue** His work **until it is finally finished...**

1 Peter 5:11 (NLT)

My purpose in writing is to encourage you and assure you that the **grace of God is with you no matter what happens.**

GOD'S SUSTAINING GRACE:

- **helps me keep standing when I'm tempted.**

1 Peter 5:8

Watch out for attacks from the Devil, your great enemy. He prowls around like a roaring lion, looking for some victim to devour. **Take a firm stand against him**, and be strong in your faith.

1 Corinthians 10:13 (ICB)

The temptations that you have are the same ones that all people have. But you can trust God. He will not let you be tempted more than you can stand. When you are tempted, God will also give you **a way to escape**. Then you **will be able to stand it**.

GOD'S SUSTAINING GRACE:

- helps me keep standing when I'm tempted.
- **helps me keep standing when I'm tired.**

2 Corinthians 1:21–22 (NLT)

It is God who gives us...the **ability to stand firm for Christ**. He has commissioned us, and He has identified us as His own by placing the Holy Spirit in our hearts.

Philippians 2:13 (Ph)

For God is at work **within** you, giving you **the will**
and the power to achieve His purpose.

GOD'S SUSTAINING GRACE:

- helps me keep standing when I'm tempted.
- helps me keep standing when I'm tired.
- **helps me keep standing when I'm troubled.**

Isaiah 41:10 (Ncv)

So don't worry, because I am **with you**. Don't be afraid, because I am your God. I will **make you strong** and will **help you**; I will **support** you with my right hand that **saves you**.

Psalm 46:1 (NLT)

God is our refuge and strength, always ready to help in times of trouble.



HOW TO RECEIVE GOD'S SUSTAINING GRACE:

1. Call out for God's help.

James 4:6–8

God **gives grace to the humble**. So give yourselves completely to God... **Draw close to God**, and God will draw close to you.



HOW TO RECEIVE GOD'S SUSTAINING GRACE:

1. Call out for God's help.
- 2. Fill your mind with God's Word.**

Psalm 119:25 (NLT)

I am...completely discouraged; revive me
by Your Word.

Isaiah 40:28–31

Have you not known? Have you not heard that the everlasting God, the Lord, the Creator of the ends of the earth, faints not, neither is weary? There is no searching of His understanding. He gives power to the faint; and to them that have no might, He increases strength. Even the youths shall faint and

Isaiah 40:28–31

be weary, and the young men shall utterly fall. But they that wait on the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run and not be weary; and they shall walk, and not faint.

HOW TO RECEIVE GOD'S SUSTAINING GRACE:

1. Call out for God's help.
2. Fill your mind with God's Word.
3. **Accept support from God's people.**

Galatians 6:2 (NCV)

By helping each other with your troubles,
you truly obey the law of Christ.

HOW TO RECEIVE GOD'S SUSTAINING GRACE:

1. Call out for God's help.
2. Fill your mind with God's Word.
3. Accept support from God's people.
4. **Hold on to God's promises.**

Isaiah 40:29–31 (NIV)

He gives strength to the weary and increases the power of the weak. Even youths grow tired... but **those who hope in the Lord** will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

2 Corinthians 4:18 (NLT)

So we don't look at the troubles we can see right now; rather, we look forward to what we have not yet seen. For the troubles we see will soon be over, but the joys to come will last forever.

2 Corinthians 12:8–9 (ICB)

I begged the Lord three times to take this problem away from me. But He said to me, "**My grace is enough for you.** When you are weak, then My power is made perfect in you."

