



FAIRFAX
CIRCLE
CHURCH

FairfaxCircleChurch.org

Health – Whole

Dear friend, I pray that you may
enjoy good **health** and that all
may go well with you, even as
your **soul** is getting along well.

3 John 1:2

You are not a physical being
with a soul, you are a
spiritual being with a body.

Every aspect of your life
is affected by
the health of your soul.

Emotional Health

But now you must rid yourselves
of all such things as these:
anger, rage, malice, slander, and
filthy language from your lips.

Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator.

Here there is no Greek or Jew,
circumcised or uncircumcised,
barbarian, Scythian, slave or
free, but Christ is all, and is in
all.

Colossians 3:8-11

But now you must **rid yourselves**
of all **such things as these**:
anger, rage, malice, slander, and
filthy language from your lips.

Get rid of all bitterness, rage
and anger, brawling and slander,
along with every form of
malice.

Ephesians 4:31

Emotional Health

You need to get over it.

Relational Health

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

Bear with each other and forgive
whatever grievances you may
have against one another.

Forgive as the Lord forgave you.

And over all these virtues
put on love, which binds them
all together in perfect unity.

Colossians 3:12-14

Relational Health

You need to get things right.

Get rid of all bitterness, rage
and anger, brawling and slander,
along with every form of
malice.

Be kind and compassionate to
one another, forgiving each
other, just as in Christ
God forgave you.

Ephesians 4:31-32

Physical Health

So whether you eat or drink or
whatever you do, do it all
for the **glory of God**.

1 Corinthians 10:31

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price.

Therefore honor God
with your body.

1 Corinthians 6:19-20

Physical Health

You need to get moving.

Material Health

Do not store up for yourselves
treasures on earth, where moth
and rust destroy, and where
thieves break in and steal.

But store up for yourselves
treasures in heaven, where
moth and rust do not destroy,
and where thieves do not
break in and steal.

For where your **treasure** is, there
your **heart** will be also.

Matthew 6:19-21

Material Health

Command those who are rich in
this present world not to be
arrogant nor to put their hope in
wealth, which is so uncertain,

but to put their hope in God,
who richly provides us with
everything for our enjoyment.
Command them to do good, to
be rich in good deeds, and to be
generous and willing to share.

In this way they will lay up
treasure for themselves as a firm
foundation for the coming age,
so that they may take hold of
the life that is truly life.

1 Timothy 6:17-19

Material Health

You need to be generous

I pray that you may enjoy
good health and that all
may go well with you, even as
your soul is getting along **well**.

3 John 1:2

Get connected.

Come to me, all you who are
weary and burdened, and I will
give you rest.

Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

For my yoke is easy and my
burden is light

Matthew 11:28-29

While Jesus was having dinner at Levi's house, many tax collectors and 'sinners' were eating with him and his disciples, for there were many who followed him.

When the teachers of the law who were Pharisees saw him eating with the 'sinners' and tax collectors, they asked his disciples: 'Why does he eat with tax collectors and 'sinners'?'

On hearing this, Jesus said to them, 'It is not the healthy who need a doctor, but the sick.

...I have not come to call
the righteous, but sinners.'

Mark 2:16



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