



## HEALTH AND MARRIAGE

### JAMES AND HEIDI DRAKE



#### INTRODUCTION

We are willing to bet that no marriage counselor has asked you about your fitness plan or diet when visiting them. Why is that? 1 Corinthians 6:20 says, “You are not your own. You have been bought with a price. Therefore honor God with your body”. We are called to honor God and our spouse with our physical body. This is a call of stewardship. A steward is a manager who does not own something but is called to take care of it. Therefore, we should glorify God and honor our spouse through the stewardship of our health.

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“We are holistic beings, and how we steward one aspect of our lives impacts the other areas of our lives.”

#### ESSENTIALS FOR EVERYBODY ::

(1) EveryBODY needs a Purpose // Psalm 139:14, Colossians 1:16  
You are wonderfully designed for a purpose!

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“God’s call is not to be ‘the best’ but to be ‘your best.’”

(2) EveryBODY needs a Bigger Body // Proverbs 13:20, 1 Thessalonians 2:8  
Your Friends, Your Family, & Your Future.

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“Your tribe is going to have greater impact than your DNA.”

(3) EveryBODY needs Nourishment // 1 Corinthians 10:31  
Eat what God made, avoid what man-made.

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(4) EveryBODY needs to Move // Acts 17:28  
A body in motion stays in motion.

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(5) EveryBODY needs to Flourish // Isaiah 41:10, Romans 12:1-2  
Setting yourself up for success, not failure.

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“I am a child of God,  
created in the image  
of God, for the glory  
of God, and because  
of that , I have value,  
I have purpose, and I  
have meaning.”

(6) EveryBODY needs Rest // Genesis 2:2, Psalm 127:2  
Freedom to be a human BEING, not a human DOING.

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“Biblical principles and health principles can guide you, but only the Lord and His Spirit can empower you.”

JAMES & HEIDI DRAKE, have had the privilege of serving in ministry for over 20 years. They are both former college athletes, gym owners and certified fitness instructors. Both James and Heidi are Family Life Weekend to Remember speakers and travel across the county bringing hope and healing to marriages. Over the years God has used them to help hundreds of couples pursue optimal health and a fulfilling life in Christ. You can find out more about them at :: [www.jamesandheidi.com](http://www.jamesandheidi.com)