

Leaving a Legacy of Health

Big Idea: Leaving a legacy of health honors God now and sets up future generation for success.

Next Steps:

- Evaluate: Am I eating to live, or living to eat?
- Action: Begin talking with a trusted friend about your desire to be healthy.
- Memorize: Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.