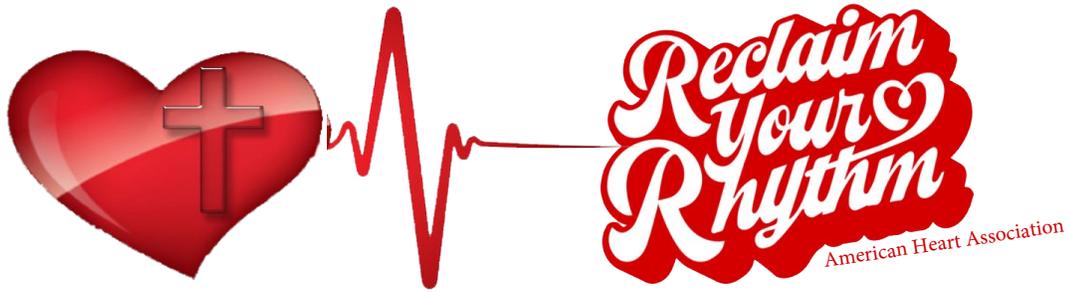


FEBRUARY IS NATIONAL HEART MONTH



Exercises for the Healthy and Holy Heart!

Create in me a clean heart, O God, And renew a steadfast spirit within me. Psalm 51:10

During this month, take time to reclaim a healthy and holy heart by getting into the rhythm of these healthy and holy habits.



Exercise for 10 minutes every day

Read Scripture for 10 minute every day

“Dear Families, listen to the word of God, meditate on it together, pray with it, let the Lord fill your lives with mercy.” - Pope Francis



Walk 10 extra minutes

Pray for others during your 10 minute walk

“I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people...” Timothy 2:1



Reduce stress

Trust God

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6-7

“The Lord is my light and my salvation - whom should I fear?” - Psalm 27



Take care of yourself

Take care of others

“Then the righteous will answer Him, ‘Lord, when did we see You hungry, and feed You, or thirsty, and give You something to drink? And when did we see You as a stranger, and invite You in, or naked, and clothe You? And when did we see You sick, or in prison, and come to You?’ And the King will answer and say to them, ‘Truly I say to you, to the extent that you did it for one of the least of these brothers or sisters of Mine, you did it for Me.’” Matthew 25:37 - 40



Get plenty of rest

Rest in the Lord

“Remember to keep holy the Sabbath day.” Exodus 20:8

“You have made us for yourself, O Lord, and our heart is restless until it rests in you.” - St. Augustine



Drink plenty of water

Fill your spiritual well

... “and let the one who believes in me drink. As the scripture has said,” ‘Out of the believer’s heart shall flow rivers of living water.’ “ John 7:38



Cut calories and excess fat

Clean your heart through reconciliation

“Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.” James 5:16