

What Jesus Taught Us About Health in the Lord's Prayer

How many areas of health are included in Jesus' prayer?



Our Father,
Which art in heaven,
Hallowed be Thy Name.
Thy Kingdom come;
Thy will be done,
In earth as it is in Heaven.
Give us this day our daily bread
And forgive us our debts
As we forgive our debtors.
And lead us not into temptation
But deliver us from evil.
For Thine is the kingdom,
and the power and the glory
For ever and ever. Amen. Matt 6:9-13 KJV

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Areas of “Health” in Our Daily Lives

Community Health- safety, protecting rights of all persons

Congregational Health- faith community meeting religious needs of attenders

Emotional Health- proactive, managed stress levels, life-work balance

Environmental Health – clean water, soil, air, and noise controlled

Financial Health- adequate finances, ability to share resources

Medical History Health- freedom from chronic diseases and destruction of our “temples”

Mental Health- positive outlook, education, honoring self-talk

Nutritional Health- foods and herbs that nourish the physical body

Physical Health- ability to exercise and engage in life activities

Relational Health- interpersonal, social, support and connectedness to others

Spiritual Health- prayer life, worship, fasting, scripture study, personal relationship with God

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