

The background of the entire page is a soft-focus image of pink cherry blossoms. A thin black rectangular border is visible at the top of the page.

HEALTHY HEART HABITS

FOR SPIRITUAL GROWTH

↪ by BV4U

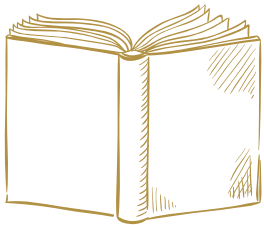
Have a

HEALTHY Spiritual HEART

Proverbs 4:20 - 27

1

STAY HUNGRY



4:20-21 Keep your heart hungry for the Word! Read and meditate on the scriptures. As negative emotions creep in, remember key Bible Verses.



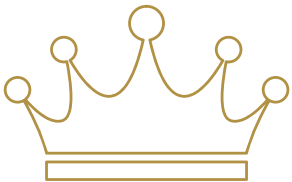
2

STAY HEALTHY

4:22 Guarding our heart gives us a physical healthy life and guards us from disease and disability.

3

STAY HOLY



4:22 Protect your heart from the issues of life. Instead of issues like evil thoughts, the heart can product godliness, truth, goodness and righteousness.

4

STAY HONEST

4:24-27 Put away those dishonest lips & instead, focus on looking straight and not get distracted by worldly things.

Be Honest >>

Keep your tongue from evil and always be truthful.



GUARD
YOUR
HEART



GUARD UR
LIPS



GUARD
YOUR
EYES



GUARD
YOUR
PATH

Heart Health Chart

Review Your Own Spiritual Condition

Bible Verse

Theme

reflection

my prayer

Materials

for healthy habits



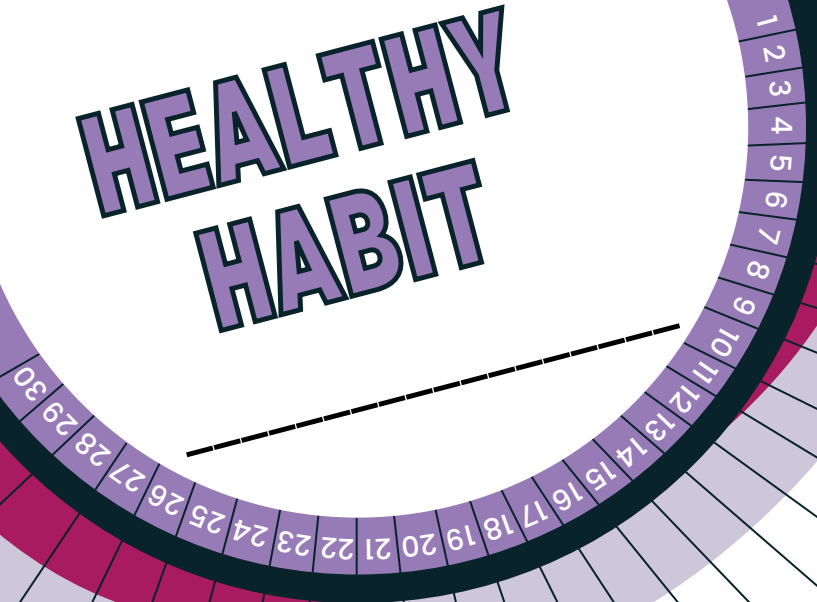
WHAT YOU NEED

☐	☐
☐	☐
☐	☐
☐	☐

INSTRUCTIONS

☐
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HEALTHY HABIT



DATE OF TRACKING

REWARD



TIP!

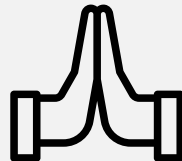
**START SMALL AND AS
YOU ACCOMPLISH
EACH GOAL, BUILD
UPON THE NEXT.**

SPIRITUAL PLAN

TRACKER



DAY ONE



DAY TWO



DAY THREE

PLAN

PLAN

PLAN

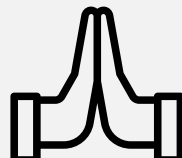
TIME

TIME

TIME



DAY 4



DAY FIVE



DAY SIX

PLAN

PLAN

PLAN

TIME

TIME

TIME

GOAL:

BIBLE VERSE FLASH CARDS



**My son, attend to my words;
incline thine ear unto my
sayings.**



Proverbs 4:20 KJV

**Let them not depart from
thine eyes; keep them in
the midst of thine heart.**



Proverbs 4:21 KJV

**For they are life unto those
that find them, and health to
all their flesh.**

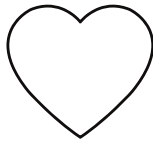


Proverbs 4:22 KJV

BIBLE VERSE FLASH CARDS



**Keep thy heart with all
diligence; for out of it are
the issues of life.**



Proverbs 4:23 KJV

**Put away from thee a froward
mouth, and perverse lips put
far from thee.**



Proverbs 4:24 KJV

**Let thine eyes look right on, and
let thine eyelids look straight
before thee.**



Proverbs 4:25 KJV

BIBLE VERSE FLASH CARDS



**Ponder the path of thy
feet, and let all thy ways
be established.**



Proverbs 4:26 KJV

**Turn not to the right hand
nor to the left: remove thy
foot from evil.**



Proverbs 4:27 KJV

