



**God and Me: Bible Keys to Good Health**

**上帝和我：圣经中有关健康的重要经文**



## Obey God's Rules

If you obey all the decrees and commands I am giving you today, all will be well with you ... I am giving you these instructions so you will enjoy a long life. (Deuteronomy 4:40)

## 遵守上帝的灵性健康原则

我今天将祂的律例和诫命传授给你们，你们要遵守，以便你们都蒙福。（申命记4：40）





## Eat Right

Not everything is good for you...So whether you eat or drink, or whatever you do, do it all for the glory of God. (1 Corinthians 10:23,31)

Do you like honey? Don't eat too much, or it will make you sick. (Proverbs 25:16)

## 饮食得当

并非事事都造就人。所以，你们或吃或喝，无论做什么，都要为上帝的荣耀而做。(哥林多前书 10:23, 31)

你找到蜂蜜，吃够就好了；免得吃得过多，就呕吐出来。(箴言25: 16)







### Exercise Right

Lazy people will cause their own destruction.  
(Proverbs 21:25)

A wise man is strong; yea, a man of  
knowledge increases strength. (Proverbs 24:5)

### 适当的锻炼

懒人的欲望害死自己。(箴言21: 25)  
智者充满能力，哲士力上加力。  
箴言24: 5)





### **Sleep Right**

When I go to bed, I sleep in peace,  
because, LORD, you keep me safe. (Psalm 4:8)

God gives rest to his loved ones. (Psalm  
127:2)

### **睡眠充足**

我必平平安安躺下睡觉，因为只有你  
耶和华能使我安然居住。(诗篇4：8)  
耶和华所爱的人能安眠。(诗篇127：2)





### **Maintain Positive Relations with Others**

Show mercy to others. Be kind, humble, gentle, and patient. Don't be angry with each other, but forgive each other. (Colossians 3:12-13)

### **与他人保持积极的关系**

就要心存怜悯、恩慈、谦虚、温柔和忍耐。倘若彼此之间有怨言，总要互相宽容，彼此饶恕。(歌罗西书 3:12-13)



## Maintain a Positive Outlook

A cheerful heart is good medicine, but a broken spirit saps a person's strength. (Proverbs 17:22)

Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. (Philippians 4:8)



## 保持积极的态度

喜乐的心乃是良药，忧伤的灵使骨枯干。（箴言17：22）

凡是真实的、凡是可敬的、凡是公义的、凡是清洁的、凡是可爱的、凡是有美名的，若有什么德行，若有什么称赞，你们都要留意。（腓立比书4：8）





### **Maintain a Right Relationship with God**

Those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint. (Isaiah 40:31)

### **与上帝保持正确的关系**

那等候耶和华的必重新得力。他们必如鹰展翅上腾；他们奔跑却不困倦，行走却不疲乏。(以赛亚书40：31)



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