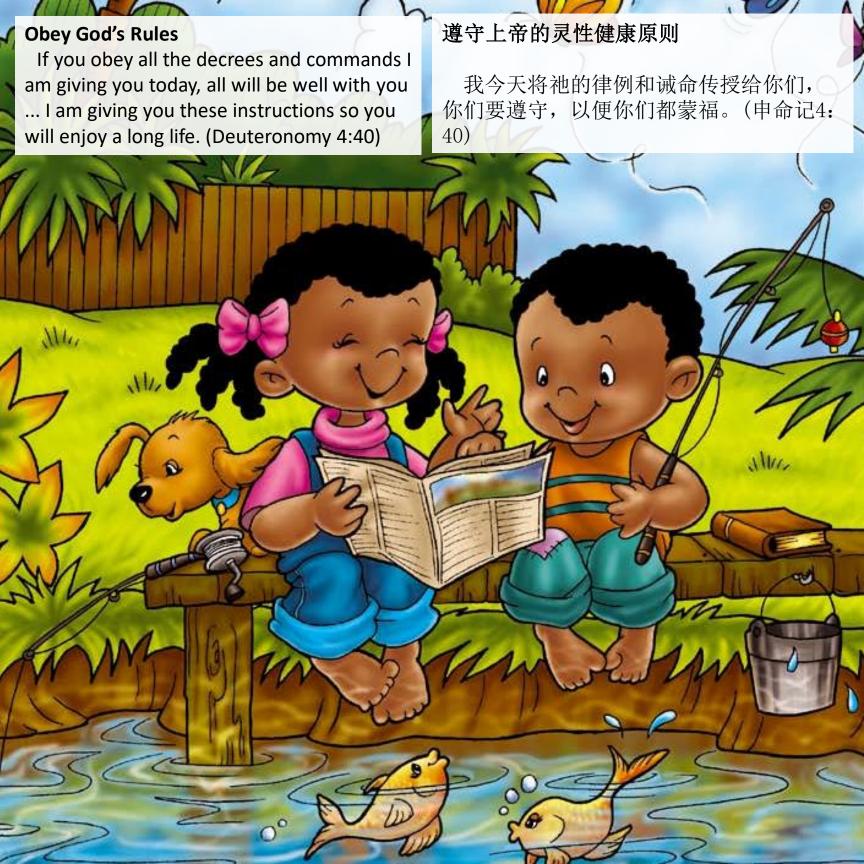


God and Me: Bible Keys to Good Health 上帝和我: 圣经中有关健康的重要经文



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)





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)

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)



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)

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)



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