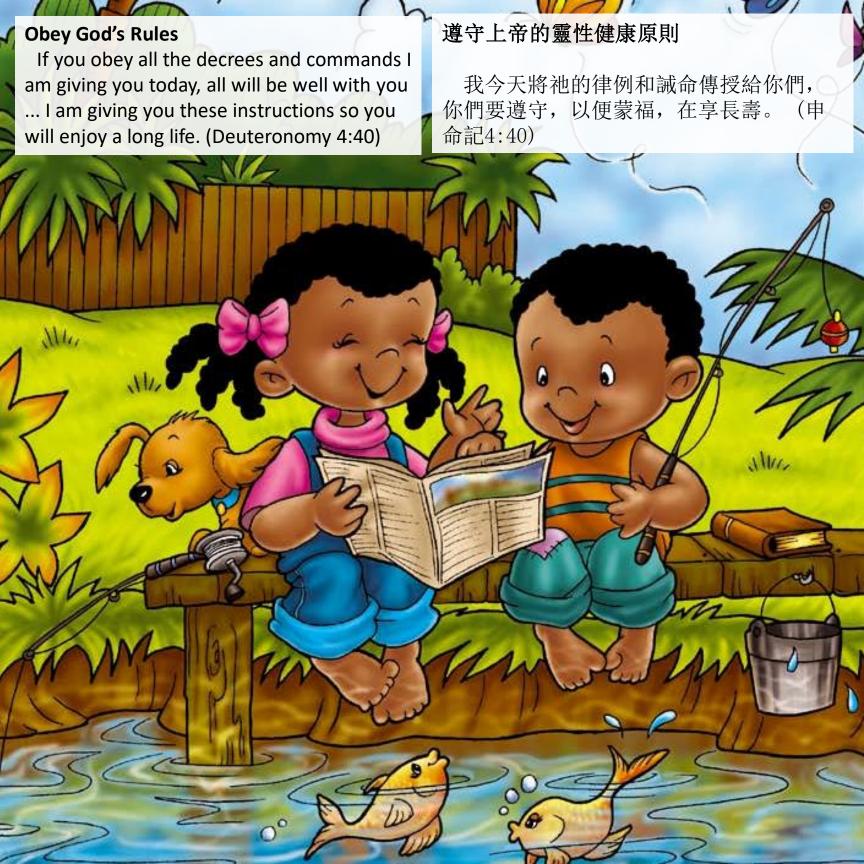


God and Me: Bible Keys to Good Health 上帝和我: 聖經中有關健康的重要經文



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)

飲食適當

並非事事都造就人。 所以, 你們或吃或喝, 無論做什麼, 都要為上帝的榮耀而做。 (哥林多前書 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)

懒惰人的愿望害死自己。(箴言21:25) 智慧人大有能力;有知识的人力上加力。(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覺,因為你耶和華能使我安然居住。(詩篇4:8) 主必使他所愛的安睡。(詩篇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)

就要心存憐憫、恩慈、謙虚、溫柔和忍耐。倘若彼此之間有怨言,總要互相寬容,彼此饒恕。(歌羅西書 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)



保持積極的觀點

喜樂的心乃是良藥,憂傷的靈使骨枯乾。(箴言17:22)

你們要思想一切真實、可敬、公義、純潔、可愛、有好名聲、有美德和值得讚許的事情。(腓立比書4:8)



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