



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



## 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)

## 遵守上帝的靈性健康原則

我今天將祂的律例和誡命傳授給你們，你們要遵守，以便蒙福，在享長壽。（申命記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)

## 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；免得吃得過多，就嘔吐出來。(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)

### 適量運動

懶惰人的願望害死自己。(箴言21:25)  
智慧人大有能力；有知識的人力上加力。(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)





### **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)

### **與他人保持正面積極的關係**

就要心存憐憫、恩慈、謙虛、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)





### **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)

與上帝保持正確的關係。

仰望耶和華的人必重新得力。他們必像鷹一樣展翅高飛，他們奔跑也不困倦，他們行走也不疲乏。（以賽亞書40:31）



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