

THE BEGINNERS GUIDE TO LIVING A HEALTHY CHRISTIAN LIFESTYLE

PRAYER + WELLNESS = HAPPINESS

SIMPLE TIPS ON HOW TO IMPROVE YOUR WALK AS A BELIEVER



BY ENA L. SHED

DISCOVER the secrets
to transforming your
inner and outer world

LEARN how to
become the best
version of yourself

MASTER the hidden
wisdom that will take
you to the next level

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A NOTE FROM THE AUTHOR

WELCOME, BELIEVER!

As we go through life, we all will experience ups and downs. Some say life is like a roller coaster, but I say it's just a journey. In order to deal with what life presents to us, we must know that we are not alone. God is always by our side.

Praise God always, because you are nothing without him!

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. - Isaiah 41:10

Blessings,

Ena L. Shed



YOUR WALK

To walk as a believer, you must love others as you love Christ, as well as walk in peace with a sound mind. To achieve this, you must first meditate on the Word daily to build your faith through Christ to maintain peace. Secondly you must take care of your physical body for it is the temple of God. You do not belong to yourself.

In the Word, a disciple asked Jesus which is the greatest commandment?:

37) Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind. 38) This is the first and greatest commandment. 39) And the second is like it: 'Love your neighbor as yourself'. (Matthew 22:37-39).

Though the gift of grace has been given to us through Christ once we believe, however, James, a servant of God stated that:

14) What good is it, dear brothers and sisters, if you say you have faith but don't show it by your actions? Can that kind of faith save anyone? 26) Just as the body is dead without breath, so also faith is dead without good works. (James 2:14 & 26).

Regarding the body, the Apostle Paul said:

19) Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, 20) for God bought you with a high price. So you must honor God with your body. (1 Corinthians 6:19-20).

To sum it all up, loving God is the ultimate resting place in life. Within love you will find true peace, happiness, joy, divine health, prosperity, and security. All the tools you need to live a healthy, peaceful lifestyle and walk as a true believer.

22) But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, 23) gentleness, and self-control. There is no law against these things! (Galatians 5:22-23).

Amen!



CONNECT THROUGH PRAYER

Without God you have nothing! Before you do anything, you must go to the Lord first. He is your foundation, your strength... your breath. Prayer and worship are important habits that you need to incorporate into your life daily to build a solid, personal relationship with the Lord. Here is what the Word says:

Our father God is the:

I am the Alpha and the Omega-the beginning and the end, says the Lord God. I am, the one who is, who always was, and who is still to come- the Almighty One (Revelation 1:8). Amen.

We must: ***pray continually (1 Thessalonians 5:17).***

I recommend that you read *Romans* then *Hebrews* (in that order), to gain a better understanding of who Jesus is, what he represents, and your relationship with and through him. To walk as a strong believer you must understand who you are. You must know your true identity.

The Word says:

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. (Ephesians 2:10)

If you get stuck, and don't know what to do or say, just ask the Lord for guidance and read these scriptures:

for we walk by faith not by sight (2 Corinthians 5:7) and, I can do all things through Christ who strengthens me (Philippians 4:13), so I, 5) trust in the lord with all your heart and lean not on your own understanding; 6) in all your ways submit to him, and he will make your paths straight (Proverbs 3:5-6). Amen.

Below are some other scriptures for you to read that will give you strength and courage to stand boldly in the Lord.

Psalms 91 (My Refuge and My Fortress)

Ephesians 6:10-20 (The Whole Armor of God)

Matthew 6:9-13 (The Lord's Prayer)

Psalms 23 (The Lord Is My Shepherd)

Books to study:

John, Acts, Ephesians, James, 1 Peter, 1 & 2 Corinthians



FUELING & MOVING THE BODY

Our Lord designed us in a likeness of him to be full of vitality. How you move and fuel your body will determine how your body will function. If you never exercise and fuel your body with garbage like greasy, high sugary, processed foods and drinks all the time your body will function poorly. But, if you drink plenty of water and intentionally move your body at least 10-minutes a day, while incorporating lots of fruits and vegetables into your diet as the Lord originally intended, (whether you choose to eat meat or not), your body will become healthier and strong. However, as believers, I do believe, we should allow the Holy Spirit to lead us in the right direction when it comes to our diet and exercise for the Lord is the only one who truly knows what our individual bodies need to maintain optimum health within this changing world.

Remember, our body is the temple of the Lord. God communicates to us through the Holy Spirit who lives within us. It's our job to care for our bodies with love. For if our bodies are polluted, our minds will become cloudy. This will weaken the abilities to hear the Holy Spirit for guidance and direction. This unfortunate event will lead us to feel disconnected from our God that we love and depend on so deeply.

In the Word it says:

So God created human beings in his own image. In the image of God he created them; male and female he created them. (Genesis 1:27)

Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. (Genesis 1:29)

16) Don't you realize that all of you together are the temple of God and that the Spirit of God lives in you? 17) God will destroy anyone who destroys this temple. For God's temple is holy, and you are that temple. 18) Stop deceiving yourselves. If you think you are wise by this world's standards, you need to become a fool to be truly wise. (1 Corinthians 3:16-18)

19) Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20) you were bought at a price. Therefore honor God with your bodies. (1 Corinthians 6:19-20)

So whether you eat or drink or whatever you do, do it all for the glory of God. (1 Corinthians 10:31).

Amen.



RELAX, HEAL & LET GO

The lord created our physical bodies to regenerate and heal itself. It is our job to take care of ourselves not just with nourishment and movement, but with rest that promotes healing as well. Now of course our faith in the Lord, who is the ultimate healer is the first key, But the lack of sleep and stress will break down the body mentally an physically. So this is why we must take the time out to allow ourselves to rest to heal. The way to release stress and promote healing starts with the mind. Over thinking and worrying puts extreme stress on our bodies, which also displays that our faith is weak in the Lord's ability to help and save us. We must remember our father is our healer, our guide, our protector, and shield.

The Word says:

6) Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7) Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. (Philippians 4:6-7)

So just remember:

1) The Lord is my shepherd; I shall not want. 2) He will make me lie down in the green pastures. He leads me beside still waters. 3) He restores my soul. He leads me in paths of righteousness for his name's sake. 4) Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. 5) You prepare a table before me in the presence of my enemies; you anoint me head with oil; my cup overflows. 6) Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever. (Psalm 23).

So whatever you do trust that the lord has your back, relax, take it easy and BREATHE.

Blessings.





MEET THE AUTHOR

Ena L. Shed has received her calling to help assist others in improving their lives through faith, wellness, and prophetic healing since 2004. As a Christian health and wellness coach, Ena understands, respects, and teaches the value of balancing the mind, body, and soul through the Holy Spirit to help believers manifest a healthy Christian lifestyle. Ena has over 20 years experience as a fitness professional, and has received a diploma in nutrition as well as becoming a certified integrative health coach and gut health specialist.

MY MISSION

I have dedicated my life to serve God by assisting His people in strengthening their walk as believers through their faith and wellness.

"The key in becoming a strong believer is through your heart"

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