



RCCG HOUSE FELLOWSHIP MANUAL 15 OCTOBER 2023 LESSON 7 MEMBERS

Description

This is RCCG HOUSE FELLOWSHIP MANUAL 15 OCTOBER 2023 FOR MEMBERS. THE LESSON SEVEN (7) topic is HEALTHY LIVING AND LONGEVITY.

Read:

- [RCCG HOUSE FELLOWSHIP LEADER'S MANUAL 15 OCTOBER 2023](#)
- [RCCG SUNDAY SCHOOL ADULT MANUAL 15 OCTOBER 2023](#)
- [OPEN HEAVEN 15 OCTOBER 2023 DEVOTIONAL](#)
- [RCCG YAYA SUNDAY SCHOOL 15 OCTOBER 2023 MANUAL](#)

RCCG HOUSE FELLOWSHIP MANUAL 15 OCTOBER 2023

TOPIC: HEALTHY LIVING AND LONGEVITY

Note: Check on [RCCG HOUSE FELLOWSHIP ANTHEM](#)

Memory Verse: 3 John 2 (KJV)

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. ”

Bible Text: 1 Corinthians 10:31 (KJV)

³¹ Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

LESSON INTRODUCTION

Healthy living is a matter of CHOICE. The Bible admonishes us that everything should be done in moderation.

In other words, excess of everything is bad. If one is physically fit, it will determine how one can go spiritually.

FOUR FACTORS THAT ENHANCE HEALTHY LIVING

1. Eat a balanced diet

The choice of food we eat determines how well we can be. It is good to eat varieties but in small portions to get the essential vitamins, minerals and iron that the body needs than to be full of unhealthy food.

Eat what you need and not what you want.

2. Take good care of your body

It is good to be physically fit, and this can be achieved by exercising the body regularly. This will help to keep the body in a good shape and the brain in a perfect condition.

The body must be kept clean to prevent germs that can cause sicknesses and diseases in the body.

3. Keep healthy relationships

He who walks with the wise will become wise, but the companion of fools will be destroyed. Those we associate with in life can make or mar us.

4. Positive thoughts

The book of Philippians 4:8 says,

“Finally brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue, and if there be any praise, think on these things.

LONGEVITY

Longevity simply means LONG LIFE.

- a. Psalms 91:16 says, God will satisfy those who love Him with long life.
- b. Exodus 20: 12 says, we shall live long if we honour our fathers and mothers.
- c. When we obey commandments of God – Proverbs 3:1-2.

d. God is the owner of life, we can always pray for mercy just like Herekiah.

CONCLUSION: RCCG HOUSE FELLOWSHIP MANUAL 15 OCTOBER 2023

Good health also guarantees long life.

PRAYER POINTS

1. ???Father, please grant me a balanced health.
2. ???Lord, please sanctify us wholly for Your use.
3. ???Daddy, may Your blessing and strength be on the increase in our lives daily.
4. Lord, deliver us from every unhealthy habit in Jesus name.
5. Lord, grant Daddy and Mummy G.O. sound health and strength each day.
6. Personal Request.

ASSIGNMENT: RCCG HOUSE FELLOWSHIP MANUAL 15 OCTOBER 2023

Do some sports this week and resolve to eat healthily.

GOLDEN DIET FOR THE WEEK

MONDAY: God has given you a message to deliver and a horse (your body) to use for this purpose. Please, don't kill the horse.

TUESDAY: Cleanliness is next to godliness.

WEDNESDAY: What I think and say, I become. What I eat and do, I become.

THURSDAY: What goes in or out of your mouth can define or defile you – Matt. 15:11.

FRIDAY: 1 Tim. 4:8a, do not despise or neglect bodily exercise.

SATURDAY: Plan to go for a prayer today even for just few minutes, it will help you physically and spiritually.

SUNDAY: Keep a merry heart. It is very healthy – Prov. 15:13.

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