

Body & Soul

A Celebration of Healthy Eating & Living



A GUIDE FOR YOUR CHURCH



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God cares about every aspect of our lives. His Word says:

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." (III John 2)

Sadly, many African American church leaders have gone home to the Lord too early in life from diseases that can be prevented. I see them die in their 40s, 50s, and early 60s. This is just when their wisdom and guidance is most needed to instruct the next generation. Brethren, this ought not be!

Eating a healthy diet along with an active lifestyle may help us lower our chances of diseases such as high blood pressure, stroke, diabetes, heart disease, and some types of cancer. The National Cancer Institute recommends eating 5 to 9 servings of fruits and vegetables a day because it's important for our health.

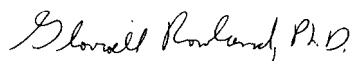
From the beginning, God knew what kinds of food He wanted us to eat.

"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.'" (Gen. 1:29)

Join me in embracing Body & Soul, a program for churches that helps members improve their health. Body & Soul helps my congregation eat more fruits and vegetables every day.

Trust me. It is easy to bring healthy eating into the church when you prayerfully and diligently use the program. Doing Body & Soul is a blessing beyond measure. Remember, God placed Adam and Eve in a garden, not in a pig pen!

"Do you not know that your body is a temple of the Holy Spirit, who is in you, who you have received from God?" (I Corinthians 6:19).



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