

New Spirit Radio - Playlist - 03-17-24 - Spiritual Health

Our Word of the Week

3 John 1:2 - 2 Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

Proverbs 17:22 - 22 A cheerful heart is good medicine, but a crushed spirit dries up the bones.

1 Timothy 4:8 - 8 For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

Super Blessed Music Set

Anne Nesby & Jasper Street Company - Praisin' His Name

Deep Zone, Ceybil Jefferies, DJ Spen - Praise Him (Lift Your Hands Up) (DJ Spen Retroactive Extended Remix)

Aaron K. Gray, DJ Gomi, DJ Spen, Charles Dockins - Celebrate Your Life (DJ Spen - Charles Dockins Remix)

Brutha Basil, Kelvin Sylvester, Justin Daniels - Thankful (Brukel Soulful House Mix)

Brandon Markell Holmes, Cee ElAssaad - Messiah

Jasper Street Co., Teddy Douglas, DJ Spen - Oh Give Thanks (Album Version)

Tee Smith, Emily Holligan, DJ Spen, Reelsoul - Keep On Going (Spen - Reelsoul Remix)

Mary Mary - Heaven (Maurice's Nu Soul Mix)

Fred Hammond - Keep on Praising (Junior White Remix)

Byron Stingily, Sean McCabe - It's All Jesus (Sean McCabe Remix)

Maurice Joshua, Joyce Hurley, Mark Francis, Oscar P - We Fall Down (Mark Francis - Oscar P Gospel Edit)

The Wayouts - Surrounded (Honeycomb Vocal Mix)

AI's Affirmations

- I know that God has given me the power to help myself.

- I know that I exist for a divine purpose.

- I believe that I can achieve inner peace.

- All of my hardships are opportunities to become closer to God.

- I face all challenges knowing God is on my side.

<p>Let Us Pray - Spiritual Healing</p>	
<p>Please fill me with the assurance that You are in control. Lord, please seal my heart and home with the unmistakable power of Your presence. When I am full of despair, cover me in Your love. When there is no reason to be at peace, be my Peace. Lord, please bring me into Your peace so I can know You as my Prince of Peace. In Jesus's name I pray. Amen!</p>	
<p>Healthy Habits</p>	
<p>1. Eat Healthy Foods</p>	
<p><i>Give us this day our daily bread. —Matthew 6:11</i></p>	
<p>2. Exercise Regularly</p>	
<p><i>But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. —Isaiah 40:31</i></p>	
<p>3. Stay Away from Harmful Substances</p>	
<p><i>Do not be tempted by evil things, which can do no good for you. —Galatians 6:7-8</i></p>	
<p>4. Get Plenty of Rest</p>	
<p><i>In peace I will both lie down and sleep; for You alone, O LORD, make me dwell in safety. —Psalms 4:8</i></p>	
<p>5. Spend Time with God</p>	
<p><i>Be still, and know that I am God. —Psalms 46:10</i></p>	
<p>Read a few verses from the Bible or say a short prayer. Listen for God's voice. Making time for stillness and reflection is an important part of a healthy spiritual life.</p>	