

A FIT AND RESILIENT "HEART"

Maritime Health Emphasis Day

SABBATH

MARCH
28TH

WHOLE
BODY

HEALTH

*How Healthy
is your
Heart?*

A heart becomes truly fit and resilient when it's strengthened not only by healthy habits, but by the presence of God shaping the mind, body, and spirit. When the mind is renewed by truth, the body is cared for as His temple, and the spirit stays anchored in Christ, the heart grows steady, courageous, and able to endure. This kind of resilience isn't just physical—it's a reflection of God's sustaining grace working through every part of who we are.