

“ I Love My Heart ” Campaign

The healing of hearts through prayer and actions
so they will be...

Healthy, Hopeful, and Happy.

A Healthy Heart

*“Beloved child, I wish above all things that you may prosper
and be in health, even as your soul prospers.” 111 John 1:2*

I will nourish my physical heart with healthy foods.
I will exercise my body through active sports and dance.
I will sleep enough at night after a day of work and play.

A Hopeful Heart

*“But have reverence for Christ in your hearts, and honor
him as Lord. Be ready at all times to answer anyone who asks
you to explain the hope you have in your heart.” 1 Peter 3:5*

I will nourish my spiritual heart with God’s Word.
I will dream big dreams that come from God’s Heart.
I will share God’s heart of love and hope with others.

A Happy Heart

*“I run in the path of your commands for you have
set my heart free.” Psalm 119:32*

I will obey God’s Word.
I will follow the dreams God has put in my heart.
I will rejoice in God’s good gifts He has given to me and others.

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