



The 10,000 Toes Campaign presents:



# Health Keys

Let us dig a little deeper tonight...

We are going to look at laws, and what they mean to us.

Are laws, rules that restrict?

And do they keep us away from something good?

Can we make our own laws and rules?



# Keys To Peace

This picture of a stunning beach in Fiji , is not only beautiful...

but also (to an extent) ...

unrealistic.

Yes, there are breathtakingly beautiful places in the pacific islands. But we all know this is not the reality of daily life.

Tourists might spend a few days in this picture...

But in real life, our world is busy, noisy, stressful.



# Noise

- Cars
- Music
- Phones
- TV
- Talking
- Shouting
- Thoughts

People are always rushing, always thinking, always worrying.

Stress

Anxiety

Depression

These are all increasing worldwide.

# Hitting Home



Stress is not just "out there"  
It is something we feel every day.

In every home, family, and workplace...

Our responsibilities grow daily.

Circumstances like a country's economics, filter right down to the core of each private family.

We all feel it.  
Daily.



# Stress Response

Your body responds to stress!

Many different things can happen all at once

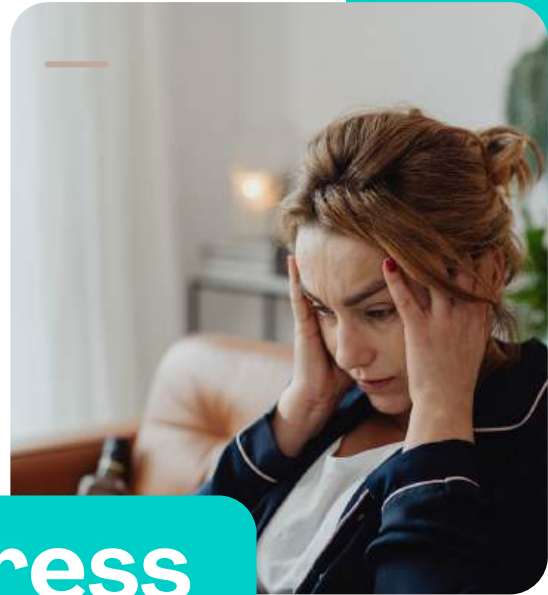
- your heart beats faster
- you breathe more quickly
- your muscles tighten

It is called a fight-and-flight response because your body is gearing up for flight - as in fleeing away from danger.

This response is helpful in short moments, but the body's reaction is in fact dangerous in and of itself.

Especially over longer time periods.

- **Sleep disrupted**
- **Energy depleted**
- **Digestion disturbed**
- **Blood pressure unstable**
- **Mood and thoughts abnormal**



## Stress

Over time, regular or constant stress can cause

- Sleep disruption
- Energy to become depleted
- Digestion becomes disturbed
- it causes Blood pressure instability, as well as
- Mood and thought abnormalities

And of course this list goes on...

When the body and mind remain under pressure for too long, it can even lead to anxiety disorder and depression.

Our bodies were certainly not designed to live in constant stress!



# Rhythm

Our bodies WERE designed for regular rhythm

- work and rest
- awake and sleep
- activity and peace

But just as constant as your heart beat, is the constant hope that comes through God's promises.



**“in everything give  
thanks; for this is the  
will of God in Christ  
Jesus for you.”**

**I Thessalonians 5:18**

The Bible tells us that it is in fact possible under ALL circumstances to give thanks.

Another well known Bible verse tells us to rejoice in the Lord ALWAYS.

These verses reveal to us a precious key to health.

Do you know that you can use these promises to relax?

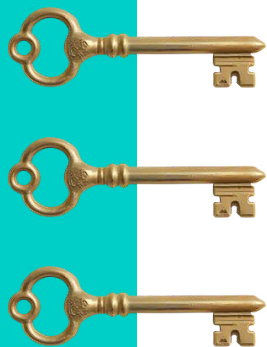




It is the key of Choosing Peace.

Our circumstances do not need to determine our mental health and well-being.

Peace is not just something you wish for. It is something we can learn to experience, by choice.



# Slow Down Nature Time Calm your Mind

Here are some Practical Steps you can take to use the key of Choosing Peace

## 1. Slow down the body

Even something as simple as slowing your breathing can begin to calm your system. Add to this the deliberate action of humming a quiet tune, like a reassuring hymn, and you have a winning recipe.

## 2. Time in nature

Stepping outside, even for a short time, helps reset the mind and body.

## 3. Quiet the mind

Taking a few minutes to be still—to pray, reflect, or sit quietly—can bring a deep sense of peace.

The Bible tells us in Philippians 4:8 what we SHOULD keep our thoughts focused on...

- things that are pure, lovely, true, of good report... and so on... We are not told to think and dwell on what is stressful, but divert our thoughts to uplifting things, and thinking of God's promises is a very powerful way to do this practically.



# Breathe

God has given us breathing, not just to take in air, but to help us deal with life.

There are various different breathing techniques to help your mind de-stress. Let's try one of them.

Take a deeeeeep breath in.  
Now count to 10 as you exhale slowly, allowing only a little air to escape your nose every second.

Now let's repeat that, but before you do it, hold on!



# Breathe

**“And let the peace of God  
rule in your hearts...”**

**Colossians 3:15**

Now let's repeat that, but before you do it, hold on!

This time, we are going to add something. As you breathe in this time round, read this Bible promise, and as you exhale, try close your eyes and repeat it to yourself.

- - let them do it - -

Do you feel the calming effect?

You can do this with any promise from God's word.



During the next 24 hours  
- take 10 minutes to pause.

- no phone
- no noise

Just quiet.

Breathe slowly.

Let your mind rest in the calm trust that your Creator is the same One who promised to never leave or forsake you.

It may feel small, but it is a powerful step toward restoring peace.



Peace begins when we slow down enough to receive it.  
Your body was designed not just to survive, but to live and be at peace.

When we trust the Designer, we can also trust His gift of peace.



# Want to unlock **more?**



## REACH OUT!

If you would like support in your health journey, please join me at the end of the program, for a chat.

Remember to reach out to me after the meeting, if you want to have a chat.

See you tomorrow.