



The 10,000 Toes Campaign presents:



Health Keys

We have studied many topics together.

We have discussed so much about health, and God's ideal for our well-being.



Final Prescription

Tonight we come to the heart of the matter.

God, the Divine Designer, has given us a prescription for life—a design that protects our bodies, restores our minds, and fills our hearts with peace. This is the ultimate plan for health, happiness, and wholeness.

But imagine for a moment that you go to a doctor, and you receive a prescription.

Imagine that this prescription is for precisely the help that you need. It is the best advice for your healing.

Image you take that prescription home, place it on the table... admire it... and even tell others about it.

But you never actually take the advice given on this prescription.

Days pass... nothing changes.

Not because you received a faulty prescription, but because it was not followed.



Drink water



Eat whole foods



Rest & sleep



Move your body



Forgive



Make 1 wise choice today

Divine Prescription

What is God's prescription for our health?

The prescription is simple, yet powerful.

It combines what we've learned over the last nights—habits, choices, rest, forgiveness, and healthy rhythms.

Each item is part of God's design for life.

Think of it as a checklist for living fully.

- Water hydrates every cell: your brain, your energy, your mood.
- Whole foods fuel your body with what it can best digest and use.
- Movement keeps your blood flowing, carrying life-giving oxygen and strength all through your system.
- Sleep allows for healing and repair of damaged cells.

The prescription so simple, but it is simply the best.



How much should I eat?

Simple Solutions

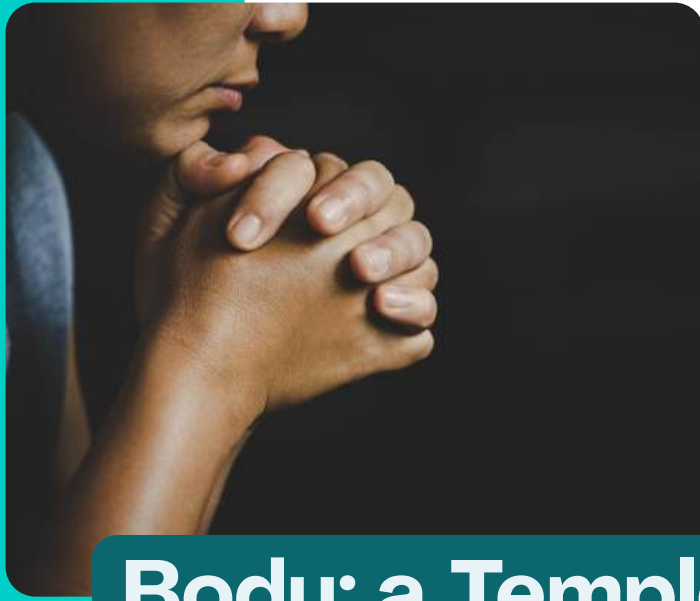
Our Creator has even given us easy ways to answer questions like how much we should eat.

Look at your hand - your palm shows you how much energy-food your body needs per meal. Like rice or sweet potato:

- Big daddy palm shows a bigger portion needed.
- Tiny child-hand shows that a smaller portion is required.

Now place your hands together like when you ask for something - a portion the size of both your hands, is what you need for fresh fruits and veggies.

Easy, right?



Body: a Temple

"Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's."

I Corinthians 6:19, 20

Your body is God's temple, designed to thrive.

God's prescription is given in love, and the Designer of

Nutrients

Exercise

Water

Sunshine

Rhythm and rest.

He gives us free choice and shows us what is the best choice for our benefit.

His prescription is not just a suggestion—these are the daily doses of life-giving, true medicine.



**Choose
healthy
rhythms**

Healthy Mind

Our minds and brains are designed to make wise choices.

Following natural rhythms—sleep, meal timing, rest—strengthens the prefrontal cortex, the part that helps us make decisions aligned with God’s plan. Every time we avoid addictive behaviours and make wise choices, we are both strengthening as well as protecting this vital part of the brain where God speaks most clearly to us.



Forgiveness brings Peace

Spirit

Forgiveness is part of the prescription.

Holding onto anger or bitterness activates stress in the body and clouds the mind. Choosing to forgive frees the heart and allows God's peace to enter.

As Philippians 4:7 says, 'Let the peace of God guard your hearts and your minds in Christ Jesus.' Each act of forgiveness is a step toward restoring body, mind, and spirit.



Notice how these pieces work together. Healthy habits strengthen your body, wise choices strengthen your mind, forgiveness strengthens your spirit.

Together, they create balance, energy, and life—exactly the way God designed it.

You see, diseases don't develop overnight. They come from small daily neglect.

And health is rebuilt in the same way, with small choices.

But these choices fit together like a puzzle.

Sometimes we tend to focus on one thing only. But focusing on healthy food, while neglecting sleep, or focusing on exercise, while neglecting our connection to God...

It simply does not complete the picture. Partial obedience brings partial results.

God's design works as a whole.



Prescription

God wants us to be well.

John 10:10 teaches us that God wants us to have life in abundance.

Not just longer years, but deeper joy, and greater quality of life.

Mind. Body. Spirit. All of you. He wants you to be completely well.

God's Word contains the prescription for such a quality, joyful life.

He is the great Physician.

He is also the One who invites us, to follow His prescription.

“When Jesus saw him lying there, and knew that he already had been in that condition a long time, He said to him, “Do you want to be made well?””

John 5:6

Just like this question in John 5:6 to the lame man at the pool of Bethesda, Jesus asks each of us tonight:

Do you want to be made well?

If this is your desire, then bow your heads with me as we pray...

[Pray your own prayer - Pray especially for heavenly help with a full commitment to living in harmony with the laws of health, and for a daily awareness that we are royalty, children of the Heavenly King.]



Here's your practical step for tomorrow. Your 24 hour challenge. Pick ONE key to health from this prescription and commit to it fully.

But here is a new focus. Pick something you have not yet done thus far. If you have given attention to staying hydrated, pick something else. If you have begun to move more, pick something different.

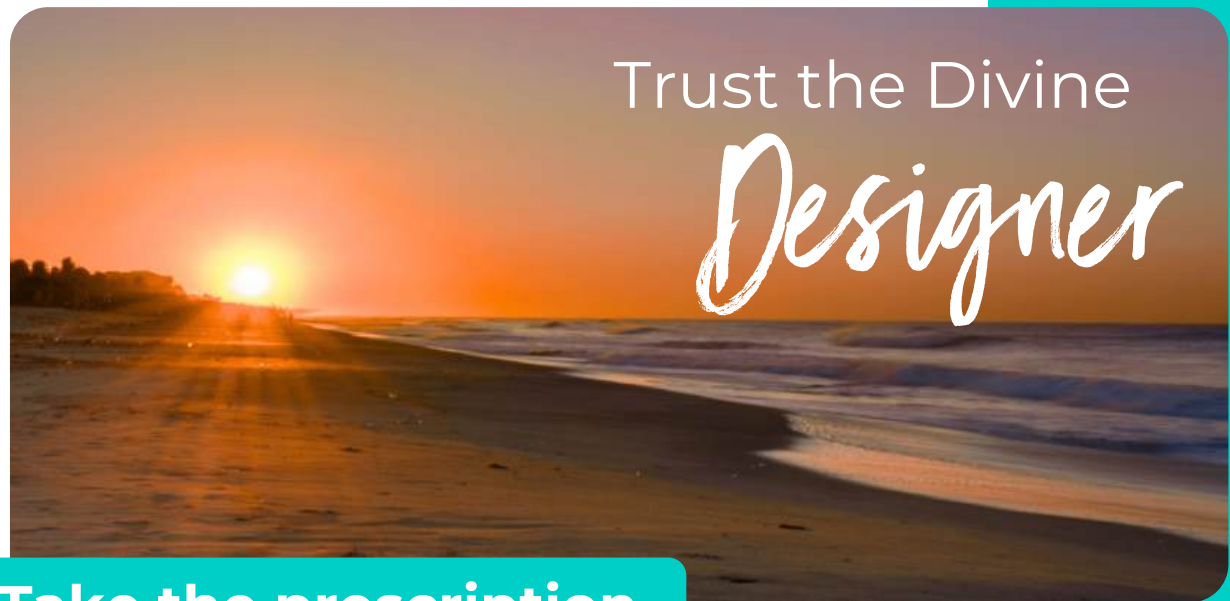
There are options...

- Drink extra water.
- Forgive someone.
- Eat a wholesome meal.
- Move your body.
- Go to bed earlier.

But remember the balance - the puzzle - and build on the areas you know needs more attention.

Whatever you choose—do it intentionally.

Even one small action starts the pathway to change. The prescription works when you take it—trust the Designer, and watch life transform.



Take the prescription.

The final prescription is simple: honor the design, trust the Designer, and take action.

Your body, mind, and spirit were made to thrive. God's law for health is still the law for life —and it's freely given to all who choose to follow it.



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.

Join us tomorrow for the final evening, where we will talk about the most precious hope for perfectly restored bodies.