

Garden of the Body

"Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore glorify God in your body." 1 Cor 6:19–20

"Young people, it's wonderful to be young! Enjoy every minute of it. Do everything you want to do; take it all in. But remember that you must give an account to God for everything you do. So refuse to worry, and keep your body healthy." *Eccl* 11:9

"Attend to my words and do not let them depart from your sight; keep them in the center of your heart. For they are life to those who find them, healing and health to their entire body." *Prov 4:20*

Garden of Emotions

"A fool is quick-tempered, but a wise person stays calm when insulted." Prov 12:16

"Sensible people control their temper; they earn respect by overlooking wrongs." Prov 19:11

"A wise man controls his temper. He knows that anger causes mistakes." Prov 14:29

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." *Phil 4:6*

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

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control." *Gal 5:22-23*

"My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because our anger does not produce the righteousness that God desires." *James* 1:19-20

"Rejoice in the Lord always. I will say it again: Rejoice!" Phil 4:4

"A cheerful look brings joy to the heart; good news makes for good health." Prov 15:30