

## A Word to live by...

Yeshua wants us to have a healthy body, a healthy soul and a healthy spirit. So, how do we know if we're healthy?

When we have a healthy body,  
there are signs to look for...

A happy relaxed face,  
strong arms and legs,  
easy breathing...  
no sickness or disease.

But, how can we tell if our soul and  
spirit are growing healthy, too?!

Yeshua's brother, Ya'akov wrote this...

CHECK OUT THE 🍏

As believers in Messiah Yeshua, we know how to bless  
and love one another. But, if you also lose self-control  
and curse others with that SAME mouth...  
What do you think the condition of  
your soul is? What about your spirit?

Let's take a moment to pray and thank  
God for showing us the way to give  
ourselves a "neck up check-up!"

Be ready with a Word...

So, next time you say ...

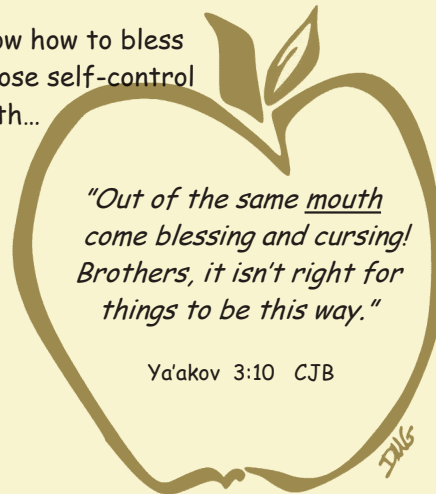
**"Wow! I can't believe I said that!  
That was really awful."**

Call out to God, saying...

**"I'm sorry God. Help me wash my heart."**

Name: \_\_\_\_\_

<input checked="" type="checkbox"/>	<b>HEALTHY BODY</b> rested & strong
<input checked="" type="checkbox"/>	<b>HUMBLE SOUL</b> obedient & merciful
<input checked="" type="checkbox"/>	<b>FULL SPIRIT</b> beautiful fruit



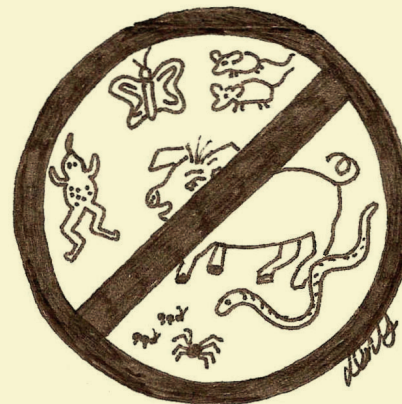
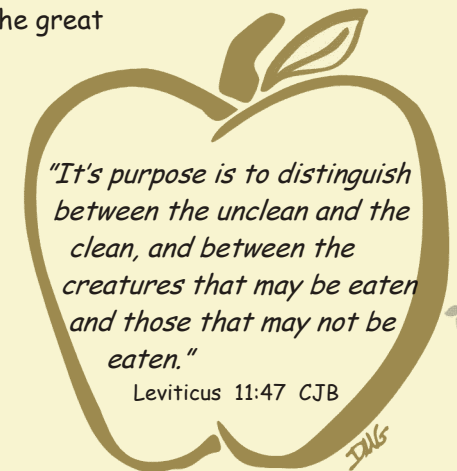
## Parshat Shimini - "Eighth" Give Yourself a Health Check!

### A Word from the Torah...

We have been made in God's image, a triune being. Just like  
God exists in Abba, Ha Ben and the Ruach Ha Kodesh; we exist  
as body, soul and spirit. How can we be "three" and "one"  
at the *same* time? That is one of the great  
mysteries of our faith.

In the book of Leviticus, God  
continues giving instructions  
to the children of Israel. God  
designed these laws to help us.  
Many of these laws show us the  
connection between our body, our  
soul and our spirit.

When we obey God about taking  
care of our body, it helps our soul  
and spirit, too. CHECK OUT THE 🍏



God designed us perfectly to live a long  
healthy life in this beautiful world He  
created. After the flood, and Noah's  
sacrifice, God told us that He would let  
us eat meat. In this week's parsha, God  
tells us that there are certain animals  
that He created for us to eat.

We learn that we can eat cattle, sheep,  
goats, chickens, turkeys, fish with scales...  
and more! Read it in Leviticus 11.

## Hmmm, now think about this...

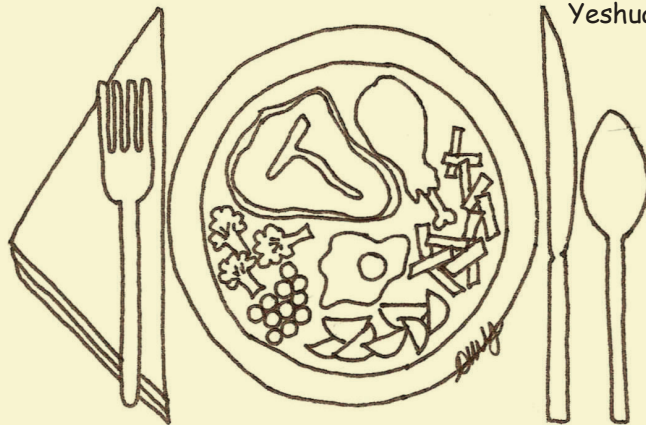
These are the animals that would be healthy for our bodies to help us grow big and strong. Now, you can put just about anything in your mouth if you wanted too, like worms or pennies, but are they good for your body? NO!

Is disobeying God's command healthy for your soul? What does it do to your spirit?



## A Word from Yeshua...

Obedying God's instruction helps us grow in the Lord. But remember, that Yeshua showed us an important lesson about knowing how to check to see if all "three" parts of ourselves are GROWING TOGETHER!



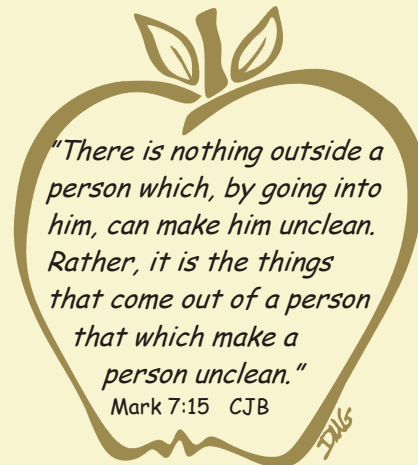
Yeshua said... CHECK OUT THE 🍎

Did He mean that we could just start putting all kinds of unhealthy things in our bodies? NO!

What Yeshua was saying is that while your trying to keep your body clean by not putting "unclean" things into it.

Remember that your soul and spirit need the same protection. If you let garbage in, garbage will come out.

*Just like you control what you let enter your physical body, you CAN control what you allow into your soul and spirit*



## Shimini - Give Yourself a Health Check! "Build-a-Prayer"

### Instructions:

1. Find and write down all the underlined words
2. Put the words in the right spaces below
3. Read the prayer to your teacher for a treat!

### List of Words:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Oh God,

I am made in your \_\_\_\_\_, my Lord. I am body, soul and \_\_\_\_\_.

I want to \_\_\_\_\_ a long, healthy life in this \_\_\_\_\_ world You created.

Help me keep my \_\_\_\_\_ under control and my \_\_\_\_\_ from sinning against you.

I will remember the \_\_\_\_\_ between my body, soul and spirit.

When I make \_\_\_\_\_ choices, all my "parts" will grow \_\_\_\_\_ under Your \_\_\_\_\_.

In Yeshua's name amen.

Name: \_\_\_\_\_