

The Four Wheels of Health

Just as a car can't run without wheels, neither can we.

We need all four wheels to be whole: the wheel of physical health, the wheel of emotional health; the wheel of relational health; the wheel of spiritual health.

Over the next five weeks, we encourage you to use this daily journal to track your journey, and to bring your journal with you each Sunday during the sermon series.

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Sermon Series
Daily Journal

