1. Seek to be *mentally* healthy.

2. Seek to be *physically* healthy.

3. Seek to be *spiritually* healthy.

4. Seek to be *socially* healthy.
1. **Single-minded** in your **mission**. Matt. 3:1–3

2. **Simple** in your **manner**. Matt. 1:4

3. **Straightforward** in your **message**. Matt. 1:2, 5–10

4. **Savior**-focused in your **ministry**. Matt. 1:11–17