

# How to Feel Twenty Years Younger



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# Part 1: Have a Healthy Soul

*"A cheerful mind works healing." (Proverbs 17:22)*

**Have a Healthy Soul: Your inner life is more important than your outer life.**

*"I wish above all things that you succeed and be in good health, even as your soul prospers." (3 John 1:2)*

\_\_\_\_\_ to your inner life.

You are responsible for \_\_\_\_\_ emotional well-being.

\_\_\_\_\_ what's in your soul.

*"Make sure no root of bitterness springs forth and causes trouble."  
(Hebrews 12:15)*

*"Guard your heart, above all else, for out of it flows the issues of  
life." (Proverbs 4:23)*

**Get the \_\_\_\_\_ out.**

**You're not forgiving for \_\_\_\_\_ sake;  
you're forgiving for your sake.**

*"A happy heart is good medicine, and a cheerful mind works  
wonders." (Proverbs 17:22 AMP)*