



# Sunshine

Ec:11:7: Truly the light is  
sweet, and a pleasant thing it is  
for the eyes to behold the sun:



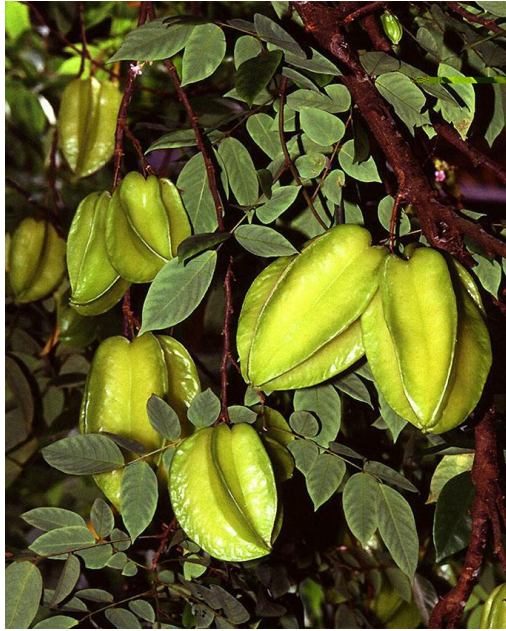
# Water

Isa:44:3: For I will pour water upon him that is thirsty, and floods upon the dry ground: I will pour my spirit upon thy seed, and my blessing upon thine offspring:



# Exercise

Isa:40:31: But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.



# Nutrition

Isa:55:2: Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness.



# Trust

Psalms:61:3: For thou hast been a shelter for me, and a strong tower from the enemy.

Psalms:61:4: I will abide in thy tabernacle for ever: I will trust in the covert of thy wings.

Selah.



# Rest

Psalms:46:10: Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth



# Air

Eze:37:9: Then said he unto me, Prophecy unto the wind, prophecy, son of man, and say to the wind, Thus saith the Lord GOD; Come from the four winds, O breath, and breathe upon these slain, that they may live



# Temperance

Ro:6:13: Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God.