



“HEALTH WARRIORS”

<https://encounterjesus.us/health-wellness>

Encounter Church Health and Wellness Community

SIGN IN - 6:15

SESSION LESSON – 6:30 SHARP!



“HEALTH WARRIORS”

ENCOUNTER CHURCH HEALTH AND WELLNESS COMMUNITY

STEVEN AND PORTIA SUMNER – SENIOR PASTORS

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COACH - PASTOR MICHAEL L. MOORE, SR.

SUMMER 2022



PURPOSE:

“To promote lifelong health and wellness for you, your family, your church, your community and the Kingdom of God.”



SLEEP ASSESSMENT



SLEEP HEALTH

- ❖ **SLEEP DISRUPTORS**
- ❖ **TIPS FOR BETTER SLEEP**
- ❖ **MAKE A LIST OF YOUR SLEEP MANAGEMENT GOALS**



SLEEP SCRIPTURES

PROVERBS 3:24

"When you lie down, you will not be afraid; When you lie down, your sleep will be sweet."

JOB 11:19

"You will lie down, with no one to make you afraid, and many will court your favor."

PSALM 4:8

"I will both lay me down in peace, and sleep: for you, LORD, only make me dwell in safety."

7:30 – 2 BY 2 (CHECK IN WITH, OR CHOOSE, YOUR NEW “VICTORY PARTNER”)

7:35 – QUESTIONS AND ANSWERS

7:50 – NEXT WEEK **“THE IMPORTANCE OF MOVEMENT”**

7:55 – CLOSING PRAYER

COACH MIKE'S EMAIL - lifestylem120@gmail.com



I AM A WINNER...

I AM A CHAMPION...

I AM THE HEAD AND NOT THE TAIL...

I AM ABOVE AND NOT BENEATH...

I AM MORE THAN A CONQUEROR!!!