

~Outline for Life~

Your Life—God’s Design

Part 1—Your Body

Part 2—Your Soul

Part 3—Your Spirit

May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. 1 Thessalonians 5:23 NIV

The Essential Core Principles for Physical, Mental and Emotional, and Spiritual Well-Being

How to Use This Outline for Life

This Outline for Life is your foundational guide for physical, mental and emotional, and spiritual wholeness and wellness. It encompasses the essential core principles in a logical and fundamental order, which if appropriately embraced and followed may bring about healing and well-being for your entire God-designed nature—body, soul, and spirit. It is concise, yet sufficiently detailed to give you all the necessary tools and information for your success in becoming and staying well in your every nature.

The entire outline has been separated into its three component Parts—Body (physical), Soul (mental and emotional), and Spirit (spiritual)—to make it more easily assimilated. I recommend downloading all three Parts, and this Introductory Page, and printing them out if desired (the entire document is approximately 45 pages).

Each Part has an **introductory skeletal outline**, which delineates each topic in the body of the **primary discussion** (which follows the outline) to give you a quick overview. I recommend reading a couple points of the primary discussion each day and working your way through each Part in its entirety. Each discussion is organized in a hierarchy of priority beginning from the first point to the last, so the essential and foundational points of each Part are discussed in their logical sequence.

You may begin your reading with any of the three Parts, but ultimately, the entire document needs to be read and followed for maximum well-being. The effectiveness of Part 2—Soul, is dependent upon knowing and following Part 1—Body and Part 3—Spirit. Furthermore, each Part may have references to my books, *Renew My Heart, O God* and *Restore My Spirit, O God* and essential resources on the Resource Page of my website, JeffHoracek.com, that need to be read for a complete understanding of those topics.

May your whole body, soul, and spirit be well. I’m praying for you.