



If God is in Control, Why Do I Have a Headache?

Debbie Williams

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A woman's spiritual struggles can have a profound impact on her health. It is through our bodies that we are tempted. It is also through our bodies that we serve God.

Does God care about our physical struggles? This six-week interactive study examines the stories of biblical women to reveal that God cares deeply about our bodies and our health. Each week's lesson will combine a Bible story (such as Esther, Hannah or the woman with the issue of blood) with a health issue (such as stress, hormones or depression) to lead women to greater spiritual and physical health. This study emphasizes that what we eat and drink, how much sleep we get and how we respond to stress affects our service to God. Each week includes studies for five days.

This study is not intended to diagnose or treat any health condition the reader may have. Rather, its purpose is to motivate the believer to realize how much God cares about our physical condition and its relation to our spiritual lives.

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