



# Seek God First (First Place 4 Health Bible Study Series)

*First Place 4 Health*

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## **Seek God First (First Place 4 Health Bible Study Series)** First Place 4 Health

Seek God First is the new foundational study in the First Place 4 Health Bible study series. Based on Matthew 6:33, "Seek first his kingdom and his righteousness, and all these things will be given to you as well," this study explores the importance of surrendering one's mind, body, emotions and soul to Jesus and truly giving Him first place in every area of life. Through daily study and prayer, readers will discover how to center their lives on Christ, overcome temptation and find true satisfaction in pleasing God. Lasting change from the inside out begins when we seek God first! Each First Place 4 Health study contains 12 weeks of daily study to help you put Christ in first place, as well as weekly Live It Trackers to document your progress. Also included are Scripture memory cards, a coordinating Scripture memory music CD, and two complete weeks of menu plans with grocery lists, recipes and detailed nutrition information.

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