

I Need to Change - Healthy Change

When you hear the phrase “God wants you to be healthy.” What comes to mind? What does it look like for someone to be healthy?

Memory Verse:

19 Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, 20 for God bought you with a high price. So you must honor God with your body.

-1 Corinthians 6:19-20 NLT

Does honoring God with your body match the definition you came up with for the question above?

Read: Psalm 139:13-18

Go verse by verse through the passage and discuss each one reveals to us about how God sees us.

This morning Kelly said, “You don't have to change to make God love you, but your love for Him will change everything you do.” How does that apply to our bodily health?

Read: Colossians 3:16-17 NLT

“Whatever you do” is an all encompassing statement, is God serious about this or is the writer using hyperbole (exaggerated statements) to make a point? Why do you answer as you do?

Read: 1 Corinthians 10:31, Proverbs 23:20-21, Ecclesiastes 3:13,
1 Corinthians 6:12

Can we make something as mundane as eating an act of worship? How?

Food and drink can become an idol. How can someone recognize if it is, what can they do about it?

Read: 1 Timothy 4:8, Proverbs 24:5, Proverbs 31:17

What is the secret to being and staying active (for those who are)?

What is the biggest benefit of being physically active?

How is our physical fitness connected to our spiritual walk?

What role does rest play in all of this?

How can we pray for each other this week?