



TALK IT OVER

Stature

BOTTOM LINE

Healthy physical choices are spiritual choices.

CONVERSATION STARTER

When you really need a break, what do you want to do? Where do you want to go? If you painted a picture called "RELAXATION," what would it look like?

THINGS TO CONSIDER

What did you hear?

What do you think?

What will you do?

RESOURCES

- The Daily: newpointe.org/thedaily
- A brief discussion: [Is physical health a spiritual issue?](#)

KEY VERSES AND QUOTES

"I have the right to do anything," you say—"but not everything is beneficial. I have the right to do everything—but I will not be mastered by anything." Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies. 1 Corinthians 6:12, 19-20

Cast all your anxiety on him because he cares for you. 1 Peter 5:7

Just because you crave something doesn't mean you need it.

God wants to soothe... to comfort... to provide. But He won't intrude if you'd rather find it in someone or something else.

The Sabbath is our resistance to the world—it is our battle against the twin gods of accomplishment and accumulation.

TALK IT OVER

How would you grade yourself on self-control, specifically in the area of physical choices?

We honor God physically in the areas of activity, consumption, and rest. Which area is the greatest challenge for you? Where do you tend to go for comfort instead of God?

When have you honored the Sabbath and rested in a way that really worked for you? What made it so helpful?

When Jesus says, "Come to me and find rest," what holds you back? How would it help you if you obeyed?

ACTION STEPS (This or one of your own)

I will fast this one thing _____ for this amount of time _____ to begin my new choices. I will honor the Sabbath in this way: _____

My Action Step: _____