TALK IT OVER

Physical Health

BOTTOM LINE

Physical wellness is worship.

CONVERSATION STARTER

What is your favorite/least favorite form of exercise? Are you a night or morning person?

THINGS TO CONSIDER

What did you hear?

What do you think?

What will you do?

RESOURCES

- The Daily: newpointe.org/thedaily
- Your Healthy Choices Honor God (5-min. read)

KEY VERSES AND QUOTES

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. Mark 12:30 NIV

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 6:19-20 NIV

Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things. Philippians 3:19 NIV

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.
1 Timothy 4:8 NIV

"We tend to think of sleep as a luxury, but it's a necessity. Not getting enough quality sleep affects everything." – Dr. Randall Wright

"We work to rest. We should rest to work." – Dave VanDonge

"Kindness is not indulgence. Kindness is intentional." – Dave VanDonge

"Our appetites are more than worldly things can quench." – Dave VanDonge

TALK IT OVER

How is Mark 12:30 the goal of 10X living? Everything in life is spiritual – including your health. Discuss. The holiest place on earth is your body. Agree or disagree? Explain. How is physical wellness worship? In which of the three areas are you most consistent in honoring God: sleep, diet, or exercise? Is it a new thought to honor God with your sleep? What would that look like for you? How can you illustrate the statement, "Our appetites are larger than worldly things can quench?" We are asking food and drink to do for us what the Holy Spirit wants to do. Do you find this convicting? Discuss. How does physical exercise contribute to your mental health? It is easier to try than train – discipline is training to learn self-control. Where do you personally see the presence or lack of self-control in an area we have discussed? What do you think God is saying to you? We become disciplined by God and others. Who can you invite to help you toward discipline and self-control?

ACTION STEP

I will evaluate my physical health and how I am honoring God with my body through sleep, diet, and exercise. I will train for discipline and self-control, and will get help and accountability from _____ by _____.