

TALK IT OVER

Keys to 10X Living

BOTTOM LINE

The transformation needed in your life does not happen by willpower, but by God's power.

CONVERSATION STARTER

What's one habit in your life you would call "keystone" or core, and you are proud of it?

THINGS TO CONSIDER

What did you hear?

What do you think?

What will you do?

RESOURCES

- The Daily: newpointe.org/thedaily
- [Your Habits Determine Your Spiritual Growth](#) (5-min. read by Rick Warren)

KEY VERSES AND QUOTES

I am praying that all is well with you and that your body is as healthy as I know your soul is. 3 John 1:2 TLB

Don't depend on your own wisdom. Respect the Lord and refuse to do wrong. Then your body will be healthy, and your bones will be strong. Proverbs 3:7-8 NCV

Since the Lord honors you with a body, honor him with your body! 1 Corinthians 6:13 MSG

Don't ever forget my words; keep them always in mind. They are the key to life for those who find them; they bring health to the whole body. Proverbs 4:21-23 NCV

God is working in you, giving you the desire and the power to do what pleases him. Philippians 2:13 NLT

"You can't act inconsistently with how you think. The way you think affects how you feel – how you feel affects how you behave."

"Healthy people enlist supportive friends. They don't fly solo."

"When you do life God's way, there is greater motivation and greater reward."
– Quotes by Dwight Mason

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What do you think John intended his friends to take from his greeting? (3 John 1:2). Was it a command or a prayer? God's desire **is** for us to do our best to take care of all aspects of our health – physical, mental, emotional, and spiritual. What's the difference between a promise and a principle? Proverbs are principles that are usually true, but in our broken world, they don't always work out that way. Do you believe Proverbs 3:7-8 is a promise or a principle? Discuss. How would you rate your healthy choices in the physical area of **food**? How about your **focus**? Jesus said your focus makes your whole life either light or dark. How have you seen that your thoughts direct your life? How do you manage your focus? **Fitness** – Energy management is more important than time management. What does that mean, and do you agree? If the only way to create energy is through rest and exercise, what needs to change for you to have more energy? God thought rest was so important, He designed a Sabbath from the very beginning for **us**, not for Him. Discuss. Since healthy **friends** are vital to a healthy life, how can you be certain you have them? What is your connection between **faith** and health? What is the greater motivation and power God promises when I become healthier in all areas? How have you experienced this?

ACTION STEP

I will commit myself to taking a step in each area to greater health: _____