Week 2: Be Physically Healthy

Thought
The Bible says that our bodies are “temples of the Holy Spirit” and that our bodies should be a “living sacrifice”. While we are called to honor God with our bodies, we often place more emphasis on external things in our lives than we do in taking care of ourselves. A poor diet, insufficient exercise, lack of sleep, stress, alcohol and tobacco can all deplete our energy levels and deteriorate our physical health. In order to live meaningful lives serving God, we must do our best to maintain the bodies He has given us.

Scripture
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, for God bought you with a high price. So you must honor God with your body.
1 Corinthians 6:19-20 (NLT)

I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.
1 Corinthians 9:27 (NLT)

Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God - this is your true and proper worship.
Romans 12:1 (NIV)

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.
Ephesians 2:10 (ESV)

Discussion Questions
• Using a scale of 1 to 10, with 1 being the lowest, how would you rate your physical health?

• In what ways can you establish or improve on your weekly exercise routine?

• How are you able to modify your diet to include more healthy meats, vegetables, fruit and water?

• Annual doctor and dentist visits are a must. In what other ways can you improve your physical health?

Next Steps
What is one practical step you can take this week to move one step?
Make a conscious effort every day to slow down, get more rest, put only healthy foods in your body, and spend more time walking, running, swimming, biking, lifting weights and participating in sports and activities you love.

**Closing Thoughts**
Ask the group members to pair up and exchange phone numbers to connect and pray before next week’s meeting.

What is the next step each group member should take to move closer to Christ (i.e. weekend service, water baptism, Growth Track or Dream Team)?

Encourage each member to read his Bible and pray with his children and spouse daily. Close in prayer.