



Small Group Discussion Guide

February 26, 2017

Sermon Title:

"Managing Life: Health"

Sermon Text: 1 Corinthians 3:16

Scripture Reading: Proverbs 1:1-7

Leader: *Please allow a moment for introductions/visiting, and then have someone offer a brief prayer for God to meet with your group.*

Getting Started: How is your health? What are you doing to maintain or improve your health?

Discussion:

1. How much do you know about the tabernacle and the temple? Read 1 Corinthians 3:16. What implications does the verse have for your life? Is the verse only speaking about spiritual qualities? Should it be applied to our physical well-being?
2. How well do you do at caring for your emotional, mental, and physical health? Do you believe one is more important than the other?
3. **Ration your energy** (Ecclesiastes 9:10). Where do you spend the most of your energy? Do you have enough energy to meet your spiritual, relational, vocational, and personal pursuits? What do you need to do to better balance how you spend your energy?
4. **Rest well** (Psalm 127:1-22). Do you rest well? How is your sleep? How well do you do observing Sabbath? Do you plan other times to be still and rest?
5. Why do we have such a hard time slowing down? How is rest the opposite of laziness?
6. **Exercise for recovery** (1 Corinthians 9:24-25, 1 Timothy 4:8). When was your last good workout? How did it make you feel? What "value" does physical training have since it does not have an eternal quality?
7. **Eat right** (Proverbs 25:27). What is the "honey" in your diet? What would you need to change to eat better? What keeps you from doing so?
8. The pastor wrapped up his message with five principles needed to pursue better health. Take a moment and share your responses to the five principles with the others in your group.

1) Own it.

What are some specific things you do that contribute to your current state of physical health? Which area impacts your health the most: use of energy, rest, exercise, or eating?

2) Change your purpose.

Is it convenience, pride, or something else that causes you to fall short in guarding your well-being? What purpose would give meaning to and encourage positive changes?

3) Make a plan.

Identify one or two areas where you would like to focus on better health. Write down three ways you can begin to work on the area(s) you identified. Now set a measurable goal for implementing these changes.

4) Set boundaries

What do you need to say no to, so you can say yes to better health?

5) Be accountable.

Give each other permission to ask about your problem areas as well as the plans and boundaries you have put in place to address them. Set up a time between now and your next meeting for an accountability call.

Closing: Close *by praying for each other. Go **SHARE JESUS . . . in Service!***