

## Healthy Habits: Your Body is a Temple!

LifeGroup Lesson

January 22, 2017

Romans 12: 1-8

### OPENING PRAYER:

God, today I offer You my body. May it be a temple dedicated to You, O Lord. A place for You to live and reign. May I be mindful of what I eat and drink. May I be watchful of my sleep and rest. Amen.

### BREAKING THE ICE:

- The year is still new. How did the LifeTalk today inspire you to continue with commitments/resolutions?
- On a scale of 1-10, rate your own health, sense of well-being, and/or health practices.

### WRESTLING WITH THE WORD:

Read the following scriptures on God's blessings of health and expectations of stewardship and wellness.

*What is the text saying to your life?*

- 3 John 1:2
- 1 Corinthians 6:19-20
- Daniel 1:8,12,13,15
- 1 Corinthians 9:24-27
- 1 Timothy 4: 7b-8 (*in the Message Bible*)
- Proverbs 10:17
- Ecclesiastes 4:12
- Deuteronomy 8:3

In terms of *how* we take care of our bodies, the Bible offers guidelines for eating & drinking:

- Eating plants (vegetables) and fruits (Genesis 9:30)
- Eating legumes (beans and lentils (Ezekiel 4:9)
- Avoiding overindulging in food or alcoholic drinks (Proverbs 20:1, 23:2, 20, 21)

Physical strength and endurance are spoken of highly in scripture:

- Genesis 2:15
- Exodus 15:26
- Proverbs 24:5
- Proverbs 31:17
- Hebrews 12: 1, 12, 13

*How might the Holy Spirit be leading you through these passages to make healthy changes in your life?*

### CLOSING POSSIBILITIES:

- How will your life be different based upon what you have learned in this week's scripture, lesson and/or LifeTalk?
- How can the group pray for you this week?
- Go around the group and each share an area of your (physical) health where you want to learn to apply God's word more frequently. Pray for each person after they have spoken.

### NEXT STEPS:

*Before you begin all tasks and work, pray – "God, you are completely here. Make your presence known as I begin. Stay with me as I work. Let what I do be acceptable to you. Amen." – Steve Case*

- Journal your thoughts regarding some of the health-related passages we reviewed today. Note what God is telling you about your health and why it is important. List ideas about activities, ministries, and relationships you can participate in actively no matter the status of your health.
- Reach out to one friend or acquaintance whose health practices you would like to emulate. To build a healthy habit, speak to them for suggestions on how to get started or stay motivated.
- Create one Healthy Habit for 2017 related to improvement and/or stewardship of your physical health. This might include habits related to eating, exercise, hydration, sleep, etc.

### PRAYER FOR THE WEEK:

Lord, thank you for refreshing our lives and renewing our spirits here in this time of study. Right now I offer you my whole being. I present my mind, spirit and body to You. Come and take me as a living sacrifice. This day and every day, may I ever glorify and worship You. Amen.

*(Prayers adapted from a "short prayer for good health" from [www.lords-prayer-words.com](http://www.lords-prayer-words.com))*