

WELLNESS *in the* WORD WORKSHOP

On glorifying God with our bodies.

SMALL GROUP QUESTIONS

From the Romans 12 teaching, list a couple take aways including new concepts you learned or old ideas that had an impact on you.

Are there any lies you have been believing about nutrition, your body, your health or how you move?

Review of Lies from January Workshop. Which of these do you identify with most?

1. Taking care of my body is hard work. The lie that hard work and discipline is bad. Hebrews 12:11
2. Food can fill the emptiness I am feeling. The lie that food will satisfy us. Psalm 90:14
3. I will never be as thin as her. The lie of comparison. Ephesians 4:22-24

Wellness: *The pursuit of taking care of your body (physically, spiritually, and mentally) to the best of your ability and knowledge with the understanding that God is sovereign.*

Summarize success in taking care of our physical bodies:

Summarize failure in taking care of our physical bodies:

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SMALL GROUP QUESTIONS, continued

4 Common Patterns

- Gluttony (Philippians 3:19 and Colossians 3:2)
- Apathy (Hebrews 12:11. Proverbs 13:4)
- Pretentiousness and Pride (Romans 12:16)
- Idolatry (Colossians 3:5)

Which of these patterns do you tend towards? What is the root of this problem?

What are some practical things you can do to help you learn to recognize this pattern?

What are some practical things you can do to help you repent?

Repentance: (Christianity.com) “a change in the way I think that leads to a change in the way I live.”

What can you add to your “tool belt” this week to help you fight these lies?