

# WELLNESS *in the* WORD WORKSHOP

*On glorifying God with our bodies.*

## SMALL GROUP QUESTIONS

1. We are called to renew our minds to the truth of God's word. Use the space below to list Scripture passages mentioned that you will look up and use to aid this renewing process.

2. From the Romans 12 teaching, list a couple take aways including new concepts you learned or old ideas that had an impact on you. Discuss these with your group!

3. If you moved out of your body for 2 weeks and left it in the care of someone else, how would you instruct them to care for it?

**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.*

4. Can you identify any lies you have believed about nutrition, your body, health, nutrition or movement?

**Path #1:** Striving, wanting, following the ways of the world to find happiness.

**Path #2:** Allowing God to fulfill all of this, we find peace, satisfaction, and true joy.



## SMALL GROUP QUESTIONS, continued

**Lie #1:** Dieting or changing my habits is hard work. The lie that hard work and discipline is bad. (Gen 2:25, Heb 12:11)

5. What are the benefits of discipline? Are there any disciplines related to nutrition, health or movement that you want to incorporate?

**Lie #2:** If I continue to strive, I will be able to change. We know from God's word that he is most concerned about our hearts. (1 Cor 10:31)

6. Are there any patterns you see in your own heart that you want to address with the Lord?

**4 Common Patterns** (look up some of the verses listed and note how they relate)

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

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

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

**Lie #3:** I will never be as thin, good, or successful as her. The lie of comparison. (Eph 4:22-24)

8. In what areas of your life do you tend to compare yourself to others? Think about Jesus' character, in what ways do you want to grow to be more like him?

DONATE



SURVEY

