

WELLNESS *in the* WORD WORKSHOP

On glorifying God with our bodies.

SMALL GROUP QUESTIONS

Romans 12:1-2

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

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 takeaways including new concepts you learned or old ideas that had an impact on you. Discuss these with your group!

Putting on Christ in a World of Lies Colossians 3:1-17

1. What Christ did for us (1-4)
2. Put to death (5-9)
3. Put on Christ with thankfulness (10-17)

1. What are some earthly characteristics related to taking care of our bodies?

2. Are there any lies you have been believing about nutrition, your body, your health, etc? How have you seen the culture influence you in a way that is not pleasing to God?

SMALL GROUP QUESTIONS, continued

3. How does diet culture prevent us from caring for one another?

4. Since, putting on the characteristics of Christ, starts with being thankful, what are some practical ways you can cultivate thankfulness for your body and for the food the Lord provides?

5. Are there any characteristics mentioned in this passage that you would like to grow in over the next few months? How might you pray and what might you do to grow more in this area?

6. Practically, how can you make a goal to be more thankful to God every day?

DONATE



SURVEY

