

WELLNESS *in the* WORD WORKSHOP

On glorifying God with our bodies.

NOTES & DISCUSSION 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! What applications

3. How does the call to present your body to God as a living sacrifice apply to your wellness journey?



Live by the Spirit | Galatians 5:16-26

1. Walk by the Spirit, not the flesh (16-18)
2. Works of the flesh (19-20)
3. Consequence: you will not inherit the kingdom of God (21b)
4. Fruit of the Spirit (22-23)
5. Live by the Spirit (24-26)

1. Are there any behaviors related to food or movement that you desire to change, but you feel like you can't?

2. What other practical examples of safeguards could you put in place to help protect you from temptation?

3. Are you showing these fruit of the Spirit characteristics in your life, especially as they relate to health & nutrition? What are you doing well? Where do you want to grow?

4. What are two practical changes you can make starting this week that will help you take care of your body and keep in step with the Spirit?

About Your Hosts



Jenn Bryant

Nourished Nutrition Counseling, Owner
MS, RD, LD, CBDCE

Owner of Nourished Nutrition Counseling, LLC in Albuquerque, NM, Jenn approaches nutrition in a personalized way to inspire people to find joy in eating well and improving overall health and quality of life. Jenn is married with 2 children and she enjoys traveling and trying all different kinds of food!

www.nourishednutritioncounseling.com



Gina Cordova

Rise & Abide Wellness, Owner
ACE Group Fitness Instructor
Barre Above Instructor

Gina started Rise & Abide Wellness to help women set their minds on Christ and find joy in exercise as stewardship to the glory of God. She does this through her podcast and online fitness studio. Gina is married with three boys, two of whom she homeschools. She enjoys family time, hiking, and reading.

www.riseandabidewellness.com

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*Thank you so much for joining us!
We pray you have been blessed. Please feel free to reach out to either of us with questions, to share how the Lord ministered to you, or to request prayer.*

SURVEY

