



Love God Love People Live Like We Mean It

Physical Wholeness

Group Share

1. What is one way you won last week?

Poor Physical Fitness

Contributes to fatigue, depression, anxiety, chronic disease, and diminished relationships.

Good Physical Fitness

Contributes to increased energy, improved mood, greater sense of peace, immune health, and improved relationships.

Romans 12:1

Therefore I urge you, brothers, on account of God's mercy, **to offer your bodies** as living sacrifices, holy and pleasing to God, **which is your spiritual service of worship.**

Look at the following list and honestly ask yourself:

"Do the choices I make, in each of the following areas, show my dedication to serving God with my body?"

-Exercise -Food -Alcohol -Drugs -Sex -Television -Internet/Social Media -Music -Career -Volunteering

How we care for and use our body matters:

How you use your body is a direct expression of your love and respect for God.

Jesus said it this way, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength."

Notice how he ties our love for God with how we use our physical mind and body.

Pause for 5 Minutes of Journaling - What thoughts and emotions is this topic stirring inside of you?

Break into small groups to discuss the following questions.

Questions to Consider:

1. Have you ever thought of your physical body as an instrument to serve and worship God?
2. If the choices you make with your body were composed into a song what would it sound like?
3. What changes could you make in your life to better serve and worship God with your body?

Gather Back as One Group and Share What You Got From Today's Discussions - End In Prayer