

LOOKING INWARD

ne>:cT

LOOKING OUTWARD

# MC3NEXT 



Discussion  
Gu'de

"E>:CE RCISE"

01/21/18

## THE NEXT STEP FOR ME IS TO CARE FOR MY PERSONAL HEALTH

### The Repeats (required)

Yes, they are the same, but *WE* change, so please discuss these with your group

- [Share the announcements (on FB thread) with your group]
- God is ALWAYS working! Sometimes we just need to keep our "antennae up", to be looking for it. Go around your group and share your God Moments of how you have seen God working, either in your life or in the life of another, over the past few weeks.
- Is there anything that you want to share that has stood out to you so far from the current Point series?

### The Review (optional)

Use this section only if you want to review for those who were not in the Point

- Have someone explain the Point in their own words.\*
- What object lesson or illustration was used to communicate the Point this week? How did this apply to the Point?\*
- Have someone read or summarize the main Bible passage/story from the Point (see "The References" section).
- How did this Bible passage teach the Point?\*

*\*someone who was in the Point may need to explain this*



## The Reenergizer (optional)

Use this question if you need to get your group talking

- Would you rather have the ability to eat all you want without gaining weight, OR run/move all you want and never get tired?

## The Reflection (required)

Discuss these to go deeper, *and more personal*, into applying the Point

- How do you think most “church people” feel about how our physical bodies relate to following Jesus? Why? What was your perspective?
- Read 1 Corinthians 6:12-20. Being careful not to get sidetracked in the sexual issues that Paul mentions, discuss the following ideas:
  - *Our Bodies are Rescued by God (v.12-17)*
  - *Our Bodies are the House of God (v. 18-19a)*
  - *Our Bodies Belong to God (v. 19b-20)*
- How do these 3 things make a case for caring for our personal health?
- If we truly believe that we have life-changing message to share, doesn't it make sense to care for the “vehicle” that delivers that message?  
Discuss these passages that contain truths about caring for our health:
  - Read Ephesians 5:18. Why is God interested in *what we put into our bodies*? How could this look in our lives today?
  - Read 1 Timothy 4:7-9. What does v. 8a say about *what we “get out” of our bodies*? How could this look in our lives today?
  - Read Mark 6:30-32. What does Jesus show about *what we don't do with our bodies*? How could this look in our lives today?
  - Read Psalm 37:30. How does this verse shed light on *how we perceive with our bodies*? How could this look in our lives today?
- You Are Not Alone! Read James 5:14 & Prov. 15:22 for ways to get help. For which 1 of the 4 areas above can we pray for you to grow?

## The References

Main Passage: Hebrews 10:19-25 (NIV) \*selected verses, read full passage in Bible

...Do you not know that your bodies are members of Christ himself?  
...Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

Ephesians 5:18 (NLT)

Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit.

1 Timothy 4:7-9 (NLT) \*selected verses, read full passage in Bible

...train yourself to be godly. "Physical training is good, but training for godliness is much better, ...

Mark 6:30-32 (NLT) \*selected verses, read full passage in Bible

...Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." ...they left by boat for a quiet place, where they could be alone.

Psalms 37:30 (NLT)

The godly offer good counsel; they teach right from wrong.

James 5:14 (NLT)

Are any of you sick? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord.

Proverbs 15:22 (NIV)

Plans fail for lack of counsel, but with many advisers they succeed.