



Week 5 – Live Well

Announcements

- **201 Dream Team Orientation** – Sunday, February 10, 2013 at 5:00 pm. Find your place to serve on the Dream Team.
- *What on Earth Am I Here For?* begins February 16-17, 2013 at all Church of the King campuses. For your convenience, you can purchase your books at all Church of the King bookstores.

Warm-up

What is the best thing you have ever done for your health?

God has great plans for us so it is important we pay attention to our physical health in order to fulfill our God-given purpose.

Word & Application

Read 3 John 1:2. The Apostle John was trying to instruct Christians on the importance of focusing on their physical well-being as well as their spiritual well-being. This was in response to people who called themselves Gnostics. The Gnostics believed the spiritual world matters and the physical world doesn't.

1 Corinthians 6:19-20. What is God's perspective on your physical health?

How well have you been caring for your body? What improvements can you make?

In order to fulfill our God-given potential, we must learn to take care for our physical body. Here are four keys to caring for our bodies:

1) Proper rest and sleep

Read Psalm 127:2. How can you make improvements in this area?

2) Regular exercise

Read 1 Timothy 4:8. What value has exercise played in your life? What can you do to establish a routine of exercise?

3) Healthy Eating

Read 1 Corinthians 9:27. How can you be more disciplined in your eating habits? What will be the results when you become more disciplined in your diet?

4) Routine medical check-ups

Do you make time to take care of your body by having regular medical check-ups?

Part of caring for our physical bodies is developing faith to believe for healing. God can provide healing in different ways. He can heal us supernaturally, through medical attention or by guiding us into natural healthy patterns of living.

If you, or someone you know is facing physical challenges pray the following verses and walk in obedience to them: **Psalm 103:2-3, 1 Peter 2:24, Mark 11:24, Mark 16:18, James 5:14-15.**

What is God speaking to you through this discussion? What steps are you going to take to walk in obedience to Him in this area of your life?

Prayer

Pray for people in your group who are seeking a physical healing. Also, take time to ask for specific prayer requests from those in your small group.