

CHANGE



Study guide

January 28, 2018

Message Title: Health

Teaching Pastor: Brian C. Hughes

Bible Verses:

- Mark 6:7,12, NIV
- Mark 6:30-31, NIV
- Genesis 2:2-3, NIV
- Philippians 4:6-7, NIV
- Matthew 6:31-33, The Message
- Colossians 4:6-7, NIV

These questions are most potent when discussed in a small group or with some other people, but they can also be considered individually.

Key Points

1. In the message this week, we discussed three components of being a healthy person: Physical, Emotional/Mental, and Spiritual. Below are 3 gauges. Pretend that you have a fuel tank for each of these areas. How 'full' is your tank? Or to put it another way, how healthy do you think you are in this area? Mark on each gauge where you think you are in that area.



Physical



Emotional/Mental



Spiritual

2. Brian said that physical health is not limited to diet and exercise, but also rest. Read Deuteronomy 5:12-15 and Exodus 20:8-11. Why do you think God puts so much emphasis on the Sabbath?

What is it for?

Do you observe a Sabbath every week?
If so, what's that look like for you?

If not, what would it take for you to take a step towards observing the Sabbath?

3.	Read Mark 2:22-27. What do you think Jesus is teaching about the Sabbath?
4.	Emotional / Mental Health is also a critical component. Read Phil 4:6-7. Is your life more defined by the word 'anxious' or the word 'peace'?
5.	Brian talked about anxiety and referred to a tool that would help. Go to this website and take the test, then discuss your score with your group or family. https://www.mindtools.com/pages/article/newTCS_82.htm
6.	For your spiritual life, Jesus defines a clear priority. Read Matthew 6:25-34. What is Jesus saying here?
7.	Do you read the Bible and pray regularly (several times per week)? If not, why not?
8.	Of the three areas (Physical, Emotional/Mental, Spiritual) which do you think you're going to work on most in the next few months?
	What are your actions steps?

Notes: