TRANSFORMED

HEALTH

IN MY PHYSICAL

SESSION 2
Follow Along In Your Outline.

Watch the Video Lesson Now And

1 Corinthians 6:19-20

God with your body.
not your own; you were bought at a price. Therefore honor
who is in you, whom you have received from God. You can
Do you not know that your body is a temple of the Holy Spirit?

Memory Verse

What impact do you think your physical health has on your spiritual health?

Week was the most meaningful to you?

Which of the seven spiritual health verses from your devotional reading this past

Checking In

Transformed in My Physical Health

Session 2
WHAT GOD SAYS ABOUT MY BODY

1 Corinthians 6:12-20 (Amplified)

Do you not know that your body is a temple of the Holy Spirit within you, whom you have received from God? You are not your own;

For you were bought with a price. Therefore glorify God with your body.

1 Corinthians 6:17

My body is your temple.

Psalm 19:14

You have made my body wonderfully and wonderfully made.

2 John 1:7 (NIV)

I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.
opposed to taking care of their bodies.

Why do you think most Christians tend to put more emphasis on their spiritual health?

You are

What does it look like to manage your body? How good a manner do you think

God expects you to manage your body? Why is that so important to God?

I Corinthians 6:19-20 (NIV)

You are not your own. You were bought at a price. Therefore honor God with

on the cross.

1. Corinthians 3:9-10 (NIV)

You are God’s dwelling place on earth.

1. Corinthians 3:16-17 (NIV)

In your heart, God’s temple is erected, and you are that temple.

1. Corinthians 3:16-17 (NIV)

You do not know that you are a temple of the Holy Spirit who is in you,

The Holy Spirit

my body.
For the group

Physically healthy

Visit www.danielplan.com for books and other resources to help you get healthy with the people you love. Available at www.danielplan.com.

Your focus—how you think and your friendships—nurture your health through physical health and fitness. You will also be focused with your family and DFM. Think about your health in the midst of your life.

Read the Daniel Plan: 40 Days to a Healthier Life by Rick Warren. Be prepared to see if you can improve in any area of your health.

Read the Memory Verse on page 36 every day this week as part of your quiet time.

Read the daily devotions for days 8 to 14 in your workbook.

For you

Want to go deeper in your physical health?

Divinng deeper

Prayer direction

Read some time this week for prayer regarding the people or things you have been thinking about or things you would like to talk about in this discussion.
Now talk to God...

What will you do?

What do you think?

What did you hear?

and the purpose of God’s worship is to honor God and express our gratitude for His mercy and provision to us. This is your body, which reflects who you are as a child of God, and serves as a temple for the Holy Spirit.

We are called to offer our bodies to the Lord as living sacrifices, holy and pleasing to God—this is your body. This means that we are expected to offer our bodies in worship, not to serve our own desires. However, this does not mean that we are to sacrifice our body, but rather that we are to offer it in a way that honors God. Our bodies are a temple for the Holy Spirit, and we are to worship Him in our bodies. This means that we are to honor God and express our gratitude for His mercy and provision to us. This is your body, which reflects who you are as a child of God, and serves as a temple for the Holy Spirit.

The Bible tells us that your body belongs to you. It is your property to be used according to God’s will. Furthermore, our culture is a culture of worship, and we are taught to meet our own needs for pleasure. However, because our bodies are a temple for the Holy Spirit, we must use them to glorify God. This means that we must honor God and express our gratitude for His mercy and provision to us. This is your body, which reflects who you are as a child of God, and serves as a temple for the Holy Spirit.

Our culture is a culture of worship, and we are taught to meet our own needs for pleasure. However, because our bodies are a temple for the Holy Spirit, we must use them to glorify God. This means that we must honor God and express our gratitude for His mercy and provision to us. This is your body, which reflects who you are as a child of God, and serves as a temple for the Holy Spirit.

Do you not know that your body is a temple of the Holy Spirit?
Now talk to God...
Now talk to God...

What will you do...

What do you think?

What did you hear?

He promised to give you the physical strength to face above the things that are holding you back. Ask Him in work and in all your future. He plans that you will work and do your work. Ask Him to remove your struggles.

If you are weak and tired, put your hope in the Lord. Ask Him to renew your strength.

Read and Think...

When your situation looks hopeless, you need to put your hope in the Lord. The Lord is full of promises for us. Read something for us that God will do something for us. Read Psalm 31:13-21 (NKJV), "I put my hope in the Lord, saying, "You will answer me.""
PHYSICAL HEALTH

Do you feel all you need for that day?

Now talk to God...

What will you do?

What do you think?

What did you hear?

When you feel the pressure to frantically run and you see a need, you must ask God for His strength.

Here you have the strength and wisdom that you need, free from all your needs. To all your needs, you can ask God for His strength.

I can do all things through Christ who strengthens me.

PHILIPPIANS 4:13 (NIV95)

TRANSFORMED IN MY PHYSICAL HEALTH
Now talk to God...

What will you do?

What do you think?

What did you hear?
Transformed In My Physical Health

DAY 13

Do not be wise in your own eyes; fear the Lord and shun evil. (Proverbs 3:7–8)

Why did you hear?

What did you think?

What will you do?

Now talk to God...
now talk to God

what will you do?

what do you think?

what did you hear?

"live on" why God gives you something he never stops until his work is perfect.

whether he's your friend, your family's or breaking a bad habit, don't quit God will a