



# TRANSFORMED

Week 3: Physical Health

**Theme: Verse:**

**Romans 12:2a** *Do not conform to the pattern of this world, but be transformed by the renewing of your mind. (NIV)*

**1. Recognize** who you **are!**

**1 Corinthians 6:19-20 (NIV)** <sup>19</sup> 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; <sup>20</sup> you were bought at a price. Therefore honor God with your bodies.

a. Being a temple of the Holy Spirit is a big deal, what does this mean to you? And what should we really be considering internally when meditating on this idea?

Temple Vs. Time Share philosophy (Acts 7:48)

b. How do we move our lives from being a timeshare to a temple?

**2. Reduce** the **Stress**

Matthew 11:29-30 (NIV) **29** Take **my yoke upon** you and learn from me,(C) for I am gentle and humble in heart, and you will find rest for your souls.(D) **30** For **my yoke is easy** and **my burden is light.**"

a. If we believe scripture is true? Why do we tend to not live light, but heavy?

b. God made nature beautiful for his glory, your enjoyment, and your health. When we recharge our souls with beauty we are restored and stress is released. Read Psalm 23:2-3a. Where are your green meadows and peaceful streams? What renews your strength?

### **3. Recharge** your **system**

*“Every person needs to take one day away.*

*A day in which one consciously separates the past from the future.*

*Jobs, family, employers, and friends can exist one day without any one of us, and if our egos permit us to confess, they could exist eternally in our absence.*

*Each person deserves a day away in which no problems are confronted, no solutions searched for.*

*Each of us needs to withdraw from the cares which will not withdraw from us.”*

— *Maya Angelou,*

**Exodus 34:21 (NIV)** Six days are set aside for work, but every seventh day you must rest completely, even **during your seasons of plowing and harvest**, you must observe a Sabbath day of rest.

a. What is being implied by the statement even during season of plowing and harvest ?

b. Psalm 23:2 says that God “lets me rest,” which in some translations says “makes me lie down.” What does that mean in practical terms? Share a time when you knew God was leading you to lie down. How did you benefit from that rest?

### **4. Raise** your level of **discipline**

**Hebrews 12:11 NLT** No **discipline** is enjoyable while it is happening—it’s painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way.

a. Discipline plays a huge role in the aspect of Physical Health, Whys is discipline so hard? How and what are some ways we can overcome even when it is hard?

*I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'*

***Muhammad Ali***

How does discipline play a factor in our opportunities to share Christ with those around us, or those we might encounter?

**Group Time:**

Take time around table share an area you want God to help you with out of one of the four points from this weeks message.