

The Spirituality of Happiness | Week #04

The Trinity of Physical Well-Being | June 3rd and 6th

Happy are those who do not follow the advice of the wicked, or take the path that sinners tread, or sit in the seat of scoffers; but their delight is in the law of the Lord, and on his law, they meditate day and night. Psalm 1:1-2

What's the Issue Anyway?

Sometimes we need gentle and not so gentle _____.

_____ - _____ muddies the water.

The beauty culture focuses on physical _____ and produces shame.

The happiest of people among us value _____ well-being.

The Spiritual Life and Physical Life are a _____.

We cannot have physical well-being without curbing our _____.

Wisdom in Scripture about Freedom and Physical Well-Being

The Corinthians had a _____ problem: Freedom without _____ wounds.

(1 Cor. 6:12, 10:13)

Freedom displays my _____; wisdom displays God's _____. (2 Cor. 10:31)

The Physical body belongs to God, you are a _____. (1 Cor. 6:19-20)

The Physical body is _____. (2 Cor. 4:5-7)

_____ is the bible word for the unwise neglect of our physical body. (Prov. 23:19-21)

Drowsiness: Result of an imbalance between _____, _____ and _____.

Don't Miss This

We _____ the glory of God in us when we neglect our physical health.

What about my every day, peacemaking life?

Think _____ about nutrition, exercise and rest.

Act _____ when breaking old habits and forming new habits.

Grow _____ while you improve physically.

How can this make me a better human and our world a better place?

We learn the power of _____.

What is God inviting you into today?

1. Start intentionally planning to improve my physical well-being.
2. Consider the dangers of freedom without wisdom.
3. Partner with a friend on a journey to better health.

Thought Provoking Questions for Groups or Personal Reflection

1. How have you seen the beauty culture adversely affect the idea of physical health and well-being?
2. Do you see a connection between your physical and spiritual health? Can you think of a time where you felt more stable emotionally and mentally because you were caring for your physical health?
3. What worries you about the principle that “all things are lawful but not all things build up?” Sometimes it is quoted as, “All things are permissible but not all things are profitable.”
4. How have you experienced the fragility of the human body, a jar made of clay?
5. What would be 2 or 3 things you could do to intentionally care for the body you have been entrusted with?