

FLOURISHING



DIGGING DEEPER

FLOURISHING PHYSICALLY AND MENTALLY

SEPTEMBER 18

We are invited to love God with all of our heart, soul, mind, and strength. All aspects of our lives are interconnected. Becoming healthy spiritually can lead to the pursuit of becoming healthy physically and mentally.

Work through the following questions and scriptures on your own, and get together with your running partner, life group, or friends and family to talk through what you are learning.

DISCUSSION QUESTIONS

1. "Everything is spiritual." Do you agree that our spiritual health is deeply intertwined with our overall physical and mental health? Why or why not?
2. **Read Matthew 22:35-39.** What is the difference between putting God first in your life and depending on God as the source of the center of your life? Would you say that Jesus is a part of your life or the center of your life? Why or why not?
3. **Read 1 Corinthians 6:12-20.**
 - Make some observations about this passage (What does the text say):
 - Who is talking?
 - What is the circumstance?
 - Any repeated phrases?
 - What surprised you?
 - What stood out to you?
 - Make some interpretations (What does the passage mean)
 - What questions do you have?
 - Summarize the passage in 1-3 sentences - what are the main points?
 - What do you learn about the nature and character of God as you read this?
 - What do you learn about yourself and your choices?
 - Now make some applications (what's my response)
 - How do you respond to what you are reading?
 - How does this apply to your life?
 - What is the central truth that you could put into practice from this?
 - Who could you share this with for the sake of encouragement?

4. **Read 1 Cor. 3:16-17** (note that the “you” in this passage is plural). What is the significance of us (individually and collectively) being the temple of God? Do you treat your own body as the dwelling place of God? If not, how might you begin to do that now? Do you consider the church (the people) as the dwelling place of God? If not, how might you begin to do that now?
5. **Read Colossians 3:1-3.** How would you describe your current mental health? How is your thought-life? Is it fixed on things above or things on earth? How might you more fully surrender your mind to Christ?

KEY SCRIPTURE

Matthew 22:35-39 One of them, an expert in the law, tested him with this question: “Teacher, which is the greatest commandment in the Law?” Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’”

1 Corinthians 6:12-20 “I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but I will not be mastered by anything. You say, “Food for the stomach and the stomach for food, and God will destroy them both.” The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body. By his power God raised the Lord from the dead, and he will raise us also. Do you not know that your bodies are members of Christ himself? Shall I then take the members of Christ and unite them with a prostitute? Never! Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, “The two will become one flesh.” But whoever is united with the Lord is one with him in spirit. Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. 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; you were bought at a price. Therefore honor God with your bodies.

1 Corinthians 3:16-17 Don’t you know that you yourselves are God’s temple and that God’s Spirit dwells in your midst? If anyone destroys God’s temple, God will destroy that person; for God’s temple is sacred, and you together are that temple.

Colossians 3:1-3 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God.

TAKE A NEXT STEP

1. Is there anything in your life that has control over your body or mind that shouldn’t? Consider committing to a time of fasting in order to train your body and mind to depend on Christ, not on your flesh. Invite a spiritual running partner to help keep you on track.

FOR THE PARENTS

Hey, parents! Here’s a look at what we’re covering with your kids so you can help them continue to grow at home during the week.

THIS WEEK

This week, kids hear about Elijah and why he fled to Horeb.

ASK THIS

Because sometimes you and your kid need a conversation-starter that isn’t, “So . . . how was church?”

- **What will you do the next time you feel sad?**

- **How does it make you feel to have a God who comforts you?**

REMEMBER THIS

This month, your kids are memorizing the Bible verse

Romans 15:13a (NIV), in case you want to work on them together.

Preschool: "May the God of hope fill you with all joy." Romans 15:13a

Elementary: "May the God of hope fill you with all joy and peace as you trust in him." Romans 15:13 (NIV)

NEXT WEEK

Next week, kids will hear about Nehemiah and his mission to rebuild the walls of Jerusalem.