



## Journey Group Lesson for "Trusting God's Wisdom on Health" June 27, 2010

### **Getting Started** (Everyone Answer)

*On a scale of 1-10, how important is your physical health to you?*

*How do you think the average person views the importance of physical health?*

*In what ways do you think God's wisdom affects our physical health?*

### **Digging Deeper**

*Read Proverbs 3:5-6. What do you think God's ultimate desire is for His children? Do you think health could be included in this desire? Why or why not?*

*Read Proverbs 15:30; 17:22. According to these passages, in what ways do our attitudes affect the health of our bodies? How have you seen this played out in the lives of other people? In what ways might your attitude have affected your health? Share as much as you feel comfortable with.*

*Read Proverbs 14:30. How can jealousy be like "a disease" in our bodies? Can you think of examples of this from your past? Share those. What do you think is the remedy for this "disease"?*

*Read Proverbs 20:1; 23:30 - 35; 25:16. What do these verses indicate about over-indulgence in food or alcohol? What do you think is so dangerous about over-indulging in food and alcohol? What are your personal convictions regarding alcohol? How do you think these mirror what the Bible has to say about it?*

### **Bringing It Home**

*Read Proverbs 1:7. In all that we discussed here, what do think God's ultimate desire is for each of us? How is that desire being played out in your life? In what areas of your life do you need to accept God's wisdom? What changes would you like to see in your life over the next couple of months? What are some things you could do to help make that happen?*

**Homework** – Daily affect someone else's health for the good – be a blessing! Proverbs 16:24 says, "Pleasant words are a honeycomb, sweet to the soul and healing to the bones." Be a blessing to at least one person every day this week.