

Chapter 7: Physical Health

Discussion: Last week, the first challenge was to talk positively about your spouse by praising them to a friend, a child, or a family member. How does sharing positively about your spouse impact the way you interact with your spouse? How does it affect the person you are speaking to about your spouse?

The second challenge was to carry the load to create space for your spouse to spend time in prayer or Bible study. Describe something that your spouse did for you this week that was helpful. How did having that extra time help you in your ability to practice spiritual disciplines and rest in the Lord?

Awareness: What's true? What's happening?

1. John's prayer for Gaius in 3 John 1:2 shows that God's desire for us encompasses all aspects of our being—spirit, soul, and body. As Christians, we must view our bodies not just as vessels, but as tools for the Kingdom. Why do you think John linked health so closely with the soul?
2. Physical health is secondary to your spiritual health, but it still matters because it either helps or hinders your fight in the battle for your family. Read 1 Corinthians 6:19–20. How does the reality that your body is a living temple for the Holy Spirit change the way you view your diet or exercise habits?
3. Self-control and discipline are not innate characteristics; they must be learned. Why is self-control and discipline in health so difficult in our modern world?
4. Read 1 Corinthians 10:23–29. Are there habits or activities in your life that may not be sinful, but are still hurting your physical health, spiritual growth, or ability to become who God wants you to be? See also Hebrews 12: 1-2 and how there are things in your life that are not sinful but are “weights” keeping you from running the race God has set before you.
5. Read 2 Corinthians 12:9–10. Joni Eareckson Tada and Daniel Ritchie show that God can work powerfully through physical weakness and limitations. How can we honestly acknowledge physical limitations without allowing them to keep us from serving God, loving others, and living faithfully?

Ownership: What part is mine?

6. When we are constantly drained, exhausted, or limited by avoidable lifestyle habits, it becomes harder to fight for our families, serve others well, and stay engaged at home. In what ways has your current energy level—high or low—affected your ability to lead, serve, invest in, or simply enjoy your spouse and children this week?
7. Discipline in what we eat and how we care for our bodies honors the price Jesus paid to make us His dwelling place. If your body belongs to God, how does that shift your focus from diet and exercise for appearance's sake to self-discipline and stewardship for God's glory?

Fighting for Your Family Discussion Guide, Week 7: Physical Health

8. “Big rocks first” can illustrate principles of time management by encouraging you to do what matters most first, with the rest of your tasks and activities fitting in between. If you were to prioritize the 7-STRONG habits as your “big rocks,” which of the habits do you currently find the most challenging to implement?
9. Read Hebrews 12:1–2. The writer of Hebrews says there are things in our lives that may not be sinful but still act as “weights” that keep us from running the race God has set before us. What “weights” or “small sand” activities (scrolling social media, TV, overcommitment, unnecessary distractions, etc.) may be keeping you from rightly prioritizing your physical health and stewardship?

Action: What needs to change?

10. The author suggests prioritizing exercises that maximize the time you have available by combining aerobic and strength training with activities like rucking or HIIT. How can we shift our mindset from “I don’t have time” to “I will maximize the time I have”?

Key Verses for Study

- **3 John 1:2** Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.
- **1 Corinthians 6:19-20 – 19** Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, **20** for you were bought with a price. So glorify God in your body.
- **1 Corinthians 10:23-24 – 23** “All things are lawful,” but not all things are helpful. “All things are lawful,” but not all things build up. **24** Let no one seek his own good, but the good of his neighbor.
- **Matthew 27:51** And behold, the curtain of the temple was torn in two, from top to bottom. And the earth shook, and the rocks were split.
- **Psalms 139:13-14** For you formed my inward parts; you knitted me together in my mother's womb. **14** I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.

Application for the Week: "The 30-Minute Trade"

This week, identify one "non-essential" activity that takes up at least 30 minutes of your day (e.g., social media, late-night TV, or sitting while on the phone). **Trade that time** for one of the physical "big rocks" mentioned in the 7-STRONG list. For example:

- **The Movement Trade:** Go for a 30-minute walk (or ruck) during a time you would normally be sedentary.
- **The Rest Trade:** Go to bed 30 minutes earlier to hit the 7-8 hour sleep goal.
- **The Fuel Trade:** Replace one processed "junk" snack this week with a whole food or vegetable.

Reflect

At the end of the week, note if this small shift increased your mental clarity or your capacity to serve your family.

Which of the 7-STRONG habits do you think would make the most immediate impact on your energy levels if you started it tomorrow?