

Title: Men & Health*

*Small Group Leader “guidelines”

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PRAY: A suggested opening prayer for small group members to invite God to connect with them as they seek him in his Word.

Dear Lord, help me to better understand you created men to be both physically and mentally strong. Help me to take better care of myself so that I can lead my family and my friends toward a healthier lifestyle.

READ: Scripture Reference (1 Corinthians 6:19-20)

Key Verse: “Don’t you know that your body is the temple of the Holy Spirit, who lives in you and who was given to you by God?”

A suggested devotional below focuses on drawing small group members deeper into the text and helps them personally engage with the Scripture.

The topic of men and their health is a challenging topic. To make it easier to discuss “men’s health”, we need to address the topic from both a practical and Biblical point of view.

Practically speaking, men want to be a “macho type of guy”. In today’s society “macho” normally means a man who is strong, brave, courageous, fearless and just plain “manly”. It is interesting to point out that one of the definitions for macho in the Dictionary is “chauvinist”.

I believe the “ultimate macho act” has nothing to do with any actions normally associated with being a macho man. Few men are brave enough to be successful in achieving this simple act that helps men (and women) receive non-human strength and peace.

The simple but difficult act is for men to say, “I give”. “I realize I am a sinner and accept Jesus into my heart and trust Him fully with my mind and soul”.

When talking about men’s health it is easy to jump quickly into a general discussion such as; men need to go to the Doctor more, get annual checkups, eat right/lose weight, cut down on drinking, etc. On the average, women take their health more seriously than men.

Although men do need to improve greatly in the areas mentioned above, men’s health has more to do with their “spiritual side” than with their “physical side.” If a man is a Christian “Macho Man”, he knows he must take care of himself (physically & mentally) so that he has the strength, peace and inherent blessings to lead his family and friends.

REFLECT:

Two questions to help us consider how the passage applies to our life.

1. What type of “Macho Man are you? If you are not a “Christian Macho Man”, are you willing to learn more reading the Bible and asking help from other Christian men?
2. Do you better understand what the Bible is telling you about a man’s health from a Biblical perspective?

Discipleship Study Questions

Four discussion questions that encourage small group members to search Scripture.

1. **Read Matthew 7:17** and compare it to Matthew 12:33. How do these Scripture verses relate to your own “personal tree?” What kind of fruit do you bear, is it bitter or sweet?
2. **In Lamentations 3:17** it says, *“I have forgotten what health and peace and happiness are”*. Does this sound familiar? Do you think you now have a better idea how to become healthier man?
3. **In 3 John 1:2** it says, *“My dear friend, I pray that everything may go well and that you may be in good health – as I know you are well in spirit”*. Do you better understand that a man’s health is not just his “physical health”? What is the key action does a man need to take to receive spiritual peace?
4. **Read James 5:15**. Compare your answer to the second question above to what James says about *“the sins they have committed will be forgiven.”*

A suggested closing prayer.

Dear Lord, give me strength to accept you as my Savior. Give me wisdom to understand where true health comes from including my physical and mental health. Give me peace to fully accept the blessings that come wholly from you.