

the  Venues
Go Deep
In One Year & Out The Other
“Live Long & Prosper”
February 12, 2017

What is your present fitness plan?

Two studies, one from Purdue and one from Northwester, discovered that Christians are more overweight than the general public!

Why do you think that is?

Read 3 John 2. (That sounds like a weird Bible reference, doesn't it?)

What does the letter writer pray will happen with Gaius?

The Greek word translated “health” is the source of our English word “hygiene.” It literally means “everything working.”

What's not working so well in your health?

The phrase “may go well” or “prosper” literally refers to a journey - like, “Have a good trip.”

How is the journey of your life right now? (bumpy? smooth? rough? leisurely? “I’m running late and have to hurry!”)

Read 1 Corinthians 10:31

How do we actually apply that to our lives?

How would your eating/drinking change if you actually followed this counsel?

Read 1 Corinthians 3:16

Ok, if you are the house where God lives, what repair or maintenance is God wanting you to make?

Read Matthew 4:4

What is the connection between our body image and our self-esteem?

Lady Gaga was trolled and called “fat” after her Super Bowl halftime show.

What does that say about our culture?

What messages do we get from our culture about body image?

What message do we get from Jesus?

Read 1 Samuel 16:7

What will you do to listen to Jesus more than you listen to culture?