Men and Health – “Live a Healthier Lifestyle”
(www.mensgroup.org –“Original Study”)

PRAY: A suggested opening prayer for small group members or individuals to invite God to connect with them as they seek Him in his Word. Please feel free to add your own words “in prayer”.

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, my friends and my community toward a healthier lifestyle.

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

19 “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; 20 you were bought at a price.” Therefore honor God with your bodies. Holy Bible – New International Version

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

The topic of men and their health is certainly a challenging topic. To make it easier to discuss men’s health and learn how men can become healthier, we need to address the topic from BOTH a practical and a Biblical point of view.

Practically speaking, men generally 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 Webster Dictionary is, “chauvinist”. This definition should help us realize that maybe we need a more balanced and probably more Biblical definition of what a “macho” man really is.

We 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 in achieving a simple act that helps men receive non-human strength, health and peace. This simple but difficult act is for men to say, “I give”. “I realize I am a sinner and accept Jesus as my Savior and trust Him fully with my heart, body and soul”. Doing this is the most ultimate macho act that a man can do.

When discussing men’s health it is easy to jump quickly into a general discussion such as; men need to go to the Doctor more, men must get annual checkups, men need to eat right/lose weight and men should cut down on drinking.
Although men do need to improve greatly in the areas mentioned above, the reality is that men’s health has more to do with their “spiritual side” than their “physical side.” If a man is a Christian, he knows or should know he must take care of himself (physically & mentally) so that he has the strength, peace and inherent blessings to lead his family, friends and community in health and faith.

REFLECT:

Two questions below help us consider how **1 Corinthians 6:19-20** applies to our life.

1. What type of “Macho Man’ are you? If you are not a Christian, are you willing to learn more about reading the Bible and asking help from other Christian men how to be Christian “Macho”? Why are you willing to do this?

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2. Do you better understand now what the Bible is telling you about a man’s health from a Biblical perspective? Why do you better understand this?

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DISCIPLESHIP STUDY QUESTIONS:

Four suggested discussion questions below encourage small group members and individuals to better understand and apply Scripture to their lives.

1. Read **Matthew 7:7** 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 and why is it bitter or sweet?

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2. In **Lamentations 3:17** it says, "I have been deprived of peace; I have forgotten what prosperity is.” Does this sound familiar in your life? Do you think you now have a better idea of how to become a healthier man and feel peace in your life? Why?

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3. In **3 John 1:2** it says, "Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.” Do you better understand that a man’s health is not just his “physical health”? What key action does a man need to take to receive spiritual peace?

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4. In **James 5:15** it says, "and the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven.” Compare your answer to the second question above to what **James 5:15** says.

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**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.

*All our Blessings,*

Men’s Group Foundation, Inc.

*(A mensgroup.org “Original Study”)*