

COMMUNITY GROUP GUIDE

Healthy Message Series

Healthy Bodies

for the week of November 22, 2020

1. What's your favorite "comfort food"?
2. Looking back on this message series, which area of health that we've talked about (healthy community, healthy mind, healthy responsibility, healthy rest, healthy body) do you need to pay the most attention to right now? Why?
3. In this week's message we looked at what God's word has to say about our value as people. What other voices or influences have you heard or felt about your value?
4. How do you think those ideas or voices differ from what God has to say about your value?

Read Psalm 139 together. Keep your Bibles open as you explore the following questions about this Psalm. Let God use it to communicate what you need to hear today.

5. What verses in this passage were new, or felt renewing for you to hear today?
6. God created you, and you are both uniquely loved and uniquely created. What do you think about the concept that He has things in mind for you (plans) that are unique to you?
7. What are some unique contributions you can make based on your skills, abilities, talents, or your life story?
8. What unhealthy behaviors or habits do you need to recognize or confront in your life today? These can be physical, mental, spiritual, or any other aspect from our "Healthy" series.
9. What is a next step that your group can take to keep you accountable on going forward?



RAINIER VIEW CHRISTIAN CHURCH