



GO FURTHER | JANUARY 23 | BODY CARE, CAR WASH: PHYSICAL

START TALKING | ASK A QUESTION TO GET YOUR GROUP THINKING.

- WHAT IS YOUR FAVORITE, DEEP INTO WINTER, FOOD, MEAL OR DRINK?
- IF YOU ARE COMFORTABLE, SHARE THE TIME IN YOUR LIFE YOU WERE IN THE BEST PHYSICAL CONDITION. WHY WAS THAT SO?

START THINKING | ASK A QUESTION TO GET YOUR GROUP THINKING.

- In so far as it is up to us, we need to care for our nutrition, exercise and rest.
- Read Romans 7:14b-15
- What words or phrases stand out to you?
- So often we know what to do, what the right thing is, in many areas of our lives, including our physical health. So why does this passage say we don't?

START SHARING | CHOOSE A QUESTION TO CREATE OPENNESS.

- One spiritual motivation for health is for our loved ones
- Read Psalm 128
- What are the blessings promised for those who fear, who worship, the Lord?
- What is the benefit of good health according to this Psalm?
- Read 1 Corinthians 6:19-20
- What is our body? Who dwells there?
- Why reason does this passage give for taking care of our physical health?

START PRAYING | BE BOLD AND PRAY WITH POWER.

Lord Jesus, we confess with so many things facing us each and every day, our physical health gets push to the bottom of the to-do list, if ever faced at all. Today, we ask you to convict us, to show us what next step you want us to take with our nutrition, our rest and our exercise, so we can be ready as the people called to bring hope, healing and wholeness from you. It is in your resurrected name we pray together, Amen.

START DOING | COMMIT TO A STEP AND LIVE IT OUT THIS WEEK.

- For more on the Daniel Plan, one way to maintain a healthy lifestyle, check out this 14-day reading plan: <https://www.bible.com/reading-plans/1987-the-daniel-plan-365-day-devotional-14-day-plan>