

8. Did the interview help motivate you to take better care of your physical well-being?
  
  
  
  
  
  
  
  
  
  
9. Based on the interview, why is the topic of physical health especially important for those who claim to be Followers of Christ?
  
  
  
  
  
  
  
  
  
  
10. Is there something from the message/interview you want to discuss that is not included here as part of the study?

### Response – Making it Practical

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1. How did this interview challenge you in the way you view your body?
  
  
  
  
  
  
  
  
  
  
2. What do you believe God wants you to do this week as a result of this study?

Sermon Notes

You can access more messages on our sermon page at [www.villagegreen church.com](http://www.villagegreen church.com).

We're also on Facebook and iTunes.  
You can also check out the Pastor's Corner on our website or Jon's blog at [jkorkidakis.com](http://jkorkidakis.com).



# Life Group Study Notes

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In this installment we continue to understand the importance of physical well being, especially as it relates to our faith.



Today's interview is with a medical doctor in private family practice. Our interview is a candid conversation on the role of physical well-being and the responsibility we have in taking care of our bodies.

## Study – Discovering What the Bible Says?

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1. What is one nugget from last week's study?
2. We live in a culture where body image is important? What are the differences between the biblical picture of honouring our bodies and the cultural one?

### Read 1 Thessalonians 5:23

3. What aspects of our lives does this passage apply the principle of holiness?

4. Burnout and stress are ever-present realities for most of us today.
  - a. What do they teach us about the need to be good stewards of our physical bodies?
  - b. How do these affect our ability to serve God within our own families, or within a community of faith?
5. During the interview, was there a particular idea or theme that was consistent in the answers you heard?
6. What answer stood out the most for you? Why?
7. Was there a statement, statistic, or idea that confirmed or validated for you something you have been personally struggling with?