

How Are You Doing? Pt 2

1 Corinthians 6:19-20 ¹⁹ Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, ²⁰ for God bought you with a high price. So you must honor God with your body. *(NLT)*

1- Your Body Is your connection to this physical life.

Your Spirit _____

Your Soul _____

Your Body _____

2 - Your body is a biochemical machine.

1 - How does New York stack up against the rest of the state in overall health and wellness? _____

2 - We reviewed a few statistical charts during today's message. Which of the charts impacted you the most and why? _____

Romans 10:14-15 ¹⁴ How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? ¹⁵ And how can anyone preach unless they are sent? As it is written: "How beautiful are the feet of those who bring good news!" *(NIV)*

Last week we talked about our Spiritual Health and this week we learned a little about our bodily health and some of the challenges that people living in the North Country deal with. Answer the questions in the section below:

1 - Are you happy with your health, and why? _____

2 - How would you rate the health of the people around you (adults, co-workers, children)? _____

3 - Is there anything you can do to encourage them, as well as yourself, to take a more active role in their own physical health, if so what would that be? _____

4 - When we share a common value, such as physical health, with those around us it lowers walls and usually enables relationships to deepen. When those around you, those whom God has placed around you, begin to trust you at a deeper level opportunities to share the Gospel message can open up. If opportunities like this were to arise for you, are you prepared to give them answers that help point them to Christ? If the answer is no, how do you plan to change that? _____
