



Session Outline and Discussion Question “A Man And His Temple” (Part 2)

Derrick Wilburn -- Session 40

Session Outline:

We consume more USELESS calories and poisons.

Ephesians 5:28, 29 – *“So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church.”*

Proverbs 25:16 *“Have you found honey? Eat only as much as you need, Lest you be filled with it and vomit.”*

When was the last time you consumed a burger and fries (or other fast food)?

Date: _____

When was the last time you peeled and ate a fresh orange or grapefruit?

Date: _____

The Value of Exercise - We move LESS:

Improvements in technology lead to ever more sedentary lifestyles. The unspoken effect of advancement in technology(s) is the removal of human effort and motion.

Choose **three** simple changes to your daily routine that will require greater physical effort. (example: rake/shovel, instead of using a blower; walk to destinations less than 5 blocks away; take stairs instead of elevators, park in the *farthest* parking stall...)

1. _____
2. _____
3. _____

The Good News! *Exposure to these truths is the beginning. These subtle trends in society and our lives can be reversed by:*

- Simple changes in our _____
- Simple changes in our _____

Psalm 103:5 says that our youth (bodies) CAN be renewed. We can have greater duration of life, improve upon the way we look, feel and relate to others, reduce risks of life-robbing disease, and become more fit vessels for service. All of this can be accomplished with a small amount of effort and a system of accountability.

Discussion Question:

What tactics (strongholds) has the enemy been able to successfully place into my life? Are my behavior patterns building or destroying God’s temple? If destroying, am I willing to make commitments, and be held accountable, to change?

Life Application--Action Plan

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