



## MULTIPLY

### The Value of Health Grow Guide

10.11.20

1. In your own words, why is the value of health important? How is health both a physical and spiritual matter?
2. On Sunday, it was said that when it comes to our choices to get and stay healthy a big phrase that we like to use is, "**as much as it depends upon me.**" Explain this phrase. How does this phrase inspire you to make healthy choices?
3. **Read Psalm 24:1.** What does this passage say about your body and life - who does it belong to? Because of this truth, what choices do you need to make with physical, spiritual, and mental health?
4. On Sunday, we also said that "**We believe that healthy things grow. This looks like honoring God with our bodies, minds, and spirits in order to create a strong and lasting church.**" How does a focus on this create a strong and lasting church?
5. **Read Mark 12:30-31** and **Romans 12:6-8.** According to these passages, what is the mission for your life? What role does health play in carrying out the mission that God has for your life? What changes do you need to make?

\*Whenever we read Scripture, or hear a message preached, we should ask ourselves these important questions before walking away:

1. What is God saying to me about this?
2. What will I do about what He is saying to me?
3. How can my church help?

Please let us know how we can help you process what God may be saying to you from this message. Feel free to connect with us online at [Multiply614.com](http://Multiply614.com)