



BUILT DIFFERENT

Nurturing Your Soul

Believe That Faith Is the Foundation for Life

Daniel 1:18-20; 6:6-10; Luke 10:27; Acts 20:24; Romans 12:1

*These questions are provided to lead the group in **applying** the teaching from Sunday. Allow the Holy Spirit to guide you in being a doer of God's Word. Challenge each other and be vulnerable as God works IN and THROUGH you together.*

1. Who has God placed on your heart to invite to The Table (1-Year Rally)? Have you had any table meetings yet (Church? Community? Cultures?)? If so, how's it going?
2. Did you set any New Year's Resolutions? If so, what are they? Change is hard, but why is it important? How can we experience long-term change?
3. Read Daniel 1:18-20; 6:6-10. Daniel was different. How do you think his faith influenced his life? How does our faith make us different?
4. Read Luke 10:27. In order for us to really love God, can we just love him with our hearts? What would it look like in your life to love God in these other areas too?
5. How well do you think you are doing in each of the essential areas of health? Use the scale below to rate yourself. Share with the group what works well for you and where you seem to struggle. What can you do to grow more in each area?
1-Not Well / 2-Some Good Days / 3-Improving / 4-Making Good Progress / 5-Doing Great
 - 1) Faith: Nurturing Your Soul (Spiritual) - Believe that faith is the foundation for life.
 - 2) Food: Enjoying God's Abundance (Nutritional) - Eat foods that love you back.
 - 3) Fitness: Strengthening Your Body (Physical) - Discover movement you enjoy.
 - 4) Friends: Encouraging One Another (Relational) - Act like we're better together.
 - 5) Focus: Renewing Your Mind (Mental) - Develop healthy thinking and habits.
6. Agree or disagree: Our spiritual health and physical well-being are connected. Explain.
7. Daniel's faith was the foundation of his life. Read Hebrews 11:6, Romans 14:23, Ephesians 2:8, Matthew 9:29, 1 John 5:4, Matthew 17:20, and Mark 9:23. What do these verses say about the importance of faith? Which ones speak to you the most during this time? In what way is faith trusting God and his purposes, not just believing in what we want?
8. Read Acts 20:24 and Colossians 4:17. How is good health related to the mission of God? How could being healthier enable you to be more effective in serving God and people?
9. Read Romans 12:1. Discuss the sermon illustration with the \$1,000 bill and the pennies. How does this reframe what it means to dedicate your whole body and total life to God? What are some of your "pennies" you will give each day?
10. How can this group pray for you and our church this week? Pray for people to invite to your Church Table, Community Table, and Cultural Table.



Recipe of
the Week



Movement
of the Week