



RENOVATE: Physical Health Questions

1) The bible says your body is God property and that you are the dwelling place of the Holy Spirit. How does that effect the way you see yourself? What do you think you'll do differently knowing this fact?

2) What does it look like to manage your body? How good of a manager do you think you are?

3) Why do you think most Christians tend to put more emphasis on their spirit or mind as opposed to taking care of their bodies?