

HEALTH REVOLUTION

LIFE FROM THE INSIDE OUT

NEW
YEAR'S
REVOLUTION
BEYOND A TEMPORARY RESOLUTION

SERMON DISCUSSION QUESTIONS | JAN. 18 & 21, 2024

PROVERBS 3:1-8

Other text(s) to consider: 1 Corinthians 3:16-17

- How does what you believe impact our overall well-being, both spiritually and physically?
- What does it mean to surrender your heart, mind, and body to God, and how does this relate to being God's temple?
- How can your past, present, and future perspectives influence our health, and what role does biblical wisdom play?
- How can you practically integrate faith into our daily lives for sustained well-being?
- Reflect: "What if your outside looked like your Inside?" How can we align our actions with our beliefs?

Share prayer requests and close in prayer.

