

PVC SMALL GROUPS

START AGAIN

WEEK TWO: PHYSICALLY

CONNECT

This week we continue taking a look at the things that impact us the most in life. We all know that we can't start over, to go and make changes in our past, but we do have the ability to **start again**. This week we'll look at our how we can start again **physically**.

- When have you been in your best physical condition? What was the motivation for being in such good shape?
- What sports have you played, or what physical activities have you enjoyed the most in your life?
- Do you view physical and mental health as equally important? How do you work on, or preserve, mental health (You don't need to name specific illnesses)?
- Before we can start again, we must first have a start. Have you ever made a New Year's resolution to get in shape physically or mentally? What barriers did you face, and did you overcome them?

DISCOVER

There are plenty of diets and views on eating and exercising and equally just as many views of how the body and spirit are connected. This week we want to more simply look at two passages that the Apostle Paul wrote that express his view of the relationship between the two. He doesn't talk about diets, but instead uses the body as a metaphor for spiritual things, thus connecting what we do physically, to what we do spiritually. In his writings then, along with the writings of others in Scripture, we see that our bodies matter to God. And, not just our bodies, but the health of our minds as well.

Read 1 Corinthians 9:24-25, and Romans 12:1, and answer a few questions together.

- In Paul's writing, he challenges us to not just train to participate, but to compete. Is your current condition to be an observer, a participant, or a competitor? What step would you need to take to move to the next category?
- What type of discipline would be required to not just compete, but to race to win? Do you have this type of self-discipline, or would you need others to help you?



- Paul goes beyond talking about prizes athletes win competing here and writes about winning something eternal. As followers of Christ we strive to become like Him. What are some “training” steps believers can take to “train” to become more like Jesus? What steps are you working on?
- How can being healthy, physically and mentally, bring honor to God?

GROW

- What are some of the benefits of having others as you start again to get healthy physically and mentally?
- What are some of the challenges that keep you from getting healthy mentally and physically?
- Why is mental health harder to talk about than physical health? How do we make this a safe topic here in our group?
- What next step do you need to take to move toward honoring God with your body: physically and mentally? How would you like for us to support you in that step?
- What challenges are you likely to face as you start again physically? How can we best help you overcome the challenges you are likely to face as you start again physically?