

Lesson 2 of 6

"Health"

Psalms 139:14

A Sample of D-group Questions

D-groups are sermon-based discussion groups that will be launching in March. Training for Facilitators will be held February 1, 10 am in the Sanctuary.

- 1. What were the three main relationships discussed in the message Sunday?
- 2. After reading Psalm 139:14 discuss why you think we should be content with our bodies but not complacent.
- 3. According to the verses shared in the sermon, why is rest important?
- 4. While we know that God is in control of the number of our days on earth...do you think days can be added or subtracted based on things we do? Explain your answer.
- 5. What did God do for Hezekiah in 2 Kings 20:5-6?
- 6. Read 1 Cor. 6:19-20 and discuss our bodies being the Temple of God, what does this mean? How can a balance be maintained, understanding our bodies are to be used for worship, but should not be the object of our worship?
- 7. According to 1 Cor. 9:27 Paul the Apostle "Disciplined" his body for testimony reasons. Discuss how we too can do this today.
- 8. In Romans 12:1 Paul instructs us to do something with our bodies, what? Discuss what this verse means to you.