



Word notes – Sunday 28 October 2018

Functional Faith – Health Steps

Read 2 Corinthians v 6:16 – 7:1

What does it mean to be the temple of the living God?

The passage urges us to purify ourselves from everything that contaminates body and spirit, what do you understand by this?

How does the understanding that our bodies are the temple of the living God encourage us to keep ourselves pure?

Read James 5 v 13 – 16

We are encouraged in this passage to ask God for healing when we are sick.

Share any testimonies of how God has healed you, whether that be supernaturally or through medical help.

Are there occasions when you would not pray or feel uncomfortable about asking for prayer?

What could hold you back?

Why is there sin in the world?

When Adam sinned, he condemned all of humanity to suffer the consequences of that sin, one of which is sickness. Romans 8 v 20-22

God's ultimate plan is to liberate creation from the bondage of sin but until that time we live in an imperfect world where our bodies will decay and we will die. God can and does use sickness to glorify his name and to demonstrate his power. There are instances in the bible where sickness is used as judgment, but if we are sick it does NOT mean that it is because we have sinned. The promise is that one day we will be in heaven where there is no sickness or pain.

Discuss how sickness or hardships you have been through has enabled you to be more empathetic and supportive of others

Our responsibilities for health

God can and does heal but we also need to take responsibility for our own health

- It glorifies God (1 Corinthians 10:31)
- Our body is a temple (1 Corinthians 6:19-20)
- Being healthy is a good witness (Acts 1:8)
- We will have more energy to do God's work (Ephesians 2:10)

Pray together

Pray for the sick among you

Ask for strength to make the health changes

Commit to support one another