

## Health matters

**Vision:** To understand good health as holistic and identify areas that Christians/ churches are less willing to tackle and why

### 1 Corinthians 3: 16-17; Psalm 100: 3 – Our bodies belong to God

#### **Questions to discuss:**

1. What was the temple for in the Old Testament?
2. What does Paul say is the new temple for God, since Jesus' resurrection? What does this mean for us?
3. What does God say will happen to anyone who destroys His temple? Why do you think this verse speaks so strongly?
4. Who does the Psalm say that our bodies belong to? What does this mean for how we should treat our health?
5. What type of health issues do we most see affecting our community? And which parts or groups in the community? What does this passage mean for them?

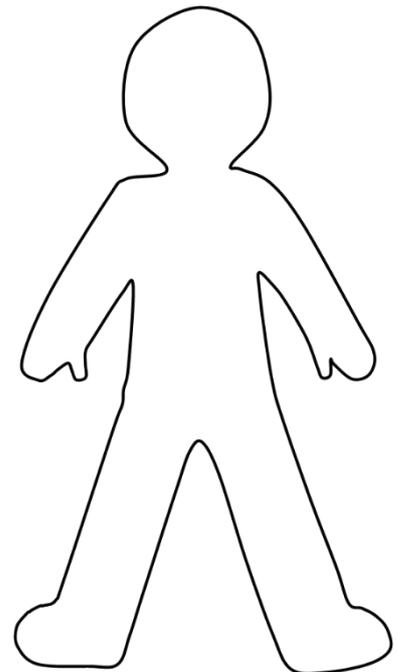
#### **Act of Love**

Prayerfully reflect on which aspects of holistic health are most at risk in our local community and among whom, whether spiritual, physical, sexual or emotional/ mental You can use the 'Going deeper' activity to do this). What harmful practices do we get involved with (e.g. alcohol or drug abuse, porn etc) and how can we combat them among us and our community? Agree one action we can do to address these as a church and not hide them?

#### **Going deeper:**

Body Mapping:

- a) Draw a large picture of the outline of a human body.
- b) Give everyone a pen and ask them to mark on it linked to relevant parts of the body key aspects of holistic health, including physical, spiritual, emotional/ mental, and sexual health.
- c) Reflect on what you have captured, and which aspects of health are harder for people to talk about; most prevalent among which groups; and what actions we can take to address them among ourselves and our community.



**Summary for facilitator:**

The temple was the place where God's Presence dwelled (Leviticus 16:2). The Bible presents our bodies as the place where God's Holy Spirit now dwells inside of us. It is very important to God that our bodies stay healthy so we can build His kingdom on earth and because all our bodies are so precious to Him.

The Bible recognises our health as holistic. It describes in Luke 2:52 how Jesus had to grow physically (in stature); emotionally and mentally (in wisdom/ in favour with man); and spiritually (in favour with God). Our bodies, minds and spirits belong to God, so caring for them is part of stewarding the resources he has given us - as well as worshipping him. Many of the issues that threaten our wellbeing are hidden and seen as shameful, even if they are common. It is really important that we find spaces where we can be honest and deal with them and also link to professional support when needed.