

TOTAL TEMPLE

"BIBLE BOOT CAMP" SERIES

Icebreaker

Who is someone you consider to be very healthy? What make them stand out to you?

Word

- 1 Cor 6:19-20. What makes our bodies like a temple?
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- Deut 6:4-7. Why is our health important?
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- Phil 4:8. Where can we apply these principles in our lives?
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- Prof 17:22. How can you look after your emotional health?
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- 3 John 2. Who is our best encourager for health?
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Challenge

Will you live a healthy life as an act of worship?
