

CHECKING YOUR GAUGES as we drive through 2010:
Checking Your Physical Gauge

OPEN with prayer

SHARE

- What is the best thing you've done for your health recently?
- What's the worst thing you've done for your health recently?

According to the **Center for Disease Control**, since 1991, there has been a 69% increase in overweight and obesity in America and that increase spans every social economic level, every race, every gender, there isn't an area, or a segment of our culture that is not touched by the increase. Studies also show that there has been an increase in type 2 diabetes, cardiovascular disease, stroke, hyper tension, hypothyroid, insolent resistance, glucose intolerance, congestive heart failure, and angina, gout, fatty liver disease, sleep apnea, fertility problems, pregnancy complications, psychological problems, kidney stones, cancer of the kidney, cancer of the breasts, cancer of the colon, cancer of the esophagus, cancer of the prostate, cancer of the gall bladder.

READ: I Corinthians 6:19-20

- What connection is there between the "spiritual" and the "physical" in this passage?
- What does it mean that "your body is a temple of the Holy Spirit"?
- How well have you been caring for this temple? What repairs need to be made?
- How do you feel about the statement: "You are not your own; you were bought at a price"?

In the sermon Pastor John said, "The significance of the temple is not in its appearance—the significance of the temple is because of what or rather who resides in it." What does this statement mean for our lives and faith?

ACTION STEPS

The Journal of American Medical Association says, "Every year 400,000 Americans will die by deaths that are attributed solely to a poor diet and an absence of exercise." They list these keys to health:

- 1) Proper nutrition, proper supplementation, and proper weight
- 2) Proper exercise
- 3) Eliminate all tobacco products
- 4) Control of alcoholic beverages and drug usage
- 5) Stress management
- 6) Regular physicals

What steps do you need to take regarding your physical health in this new year? How can your group support or help you with the steps you need to take?

CLOSE in prayer

