

LIVING



HEALTHY

EXAMINE YOURSELF

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as **living sacrifices**, holy and pleasing to God—this is your spiritual act of worship.

Romans 12:1



MENTAL

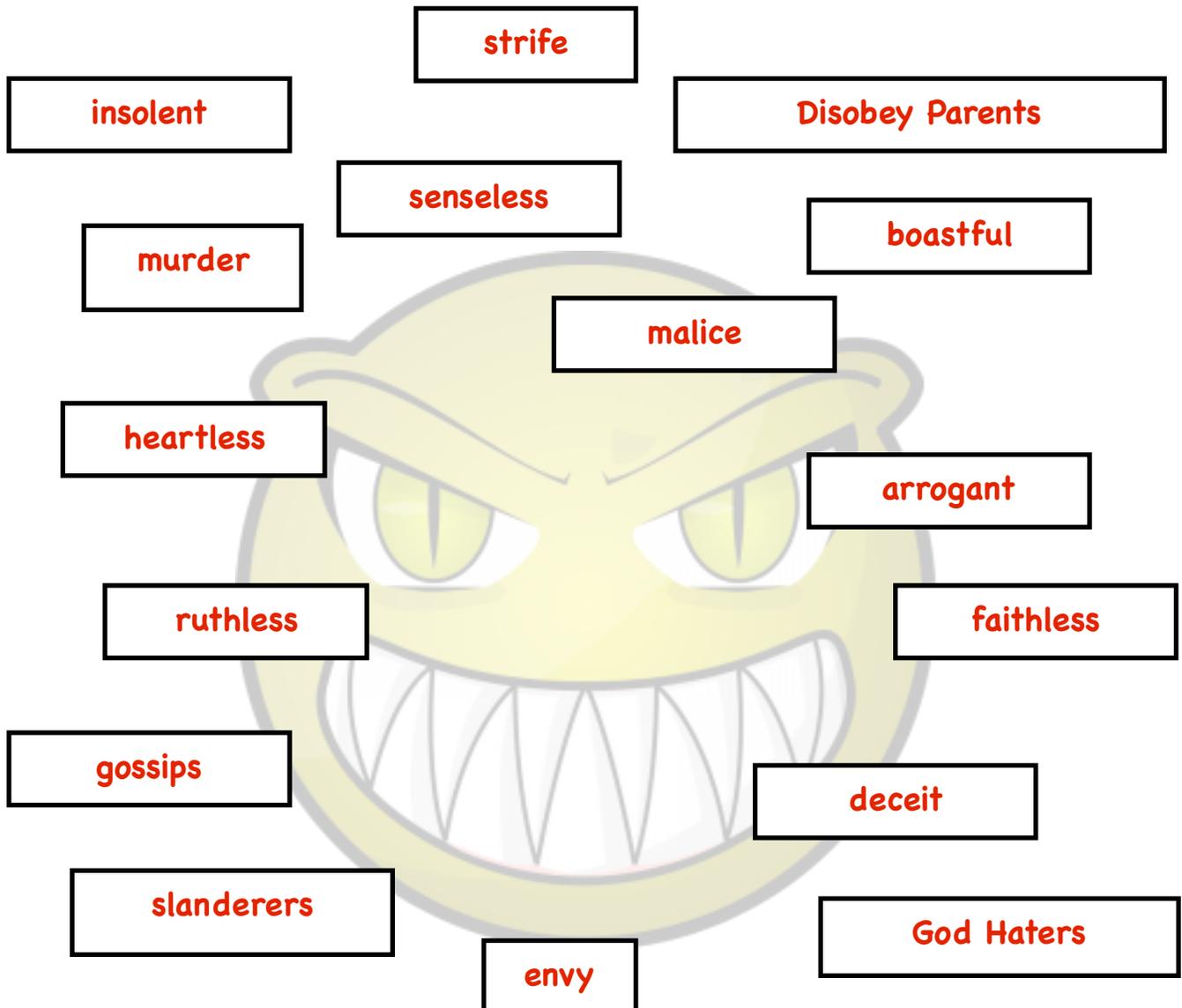


HEALTH

MENTAL HEALTH

GOD'S VIEW

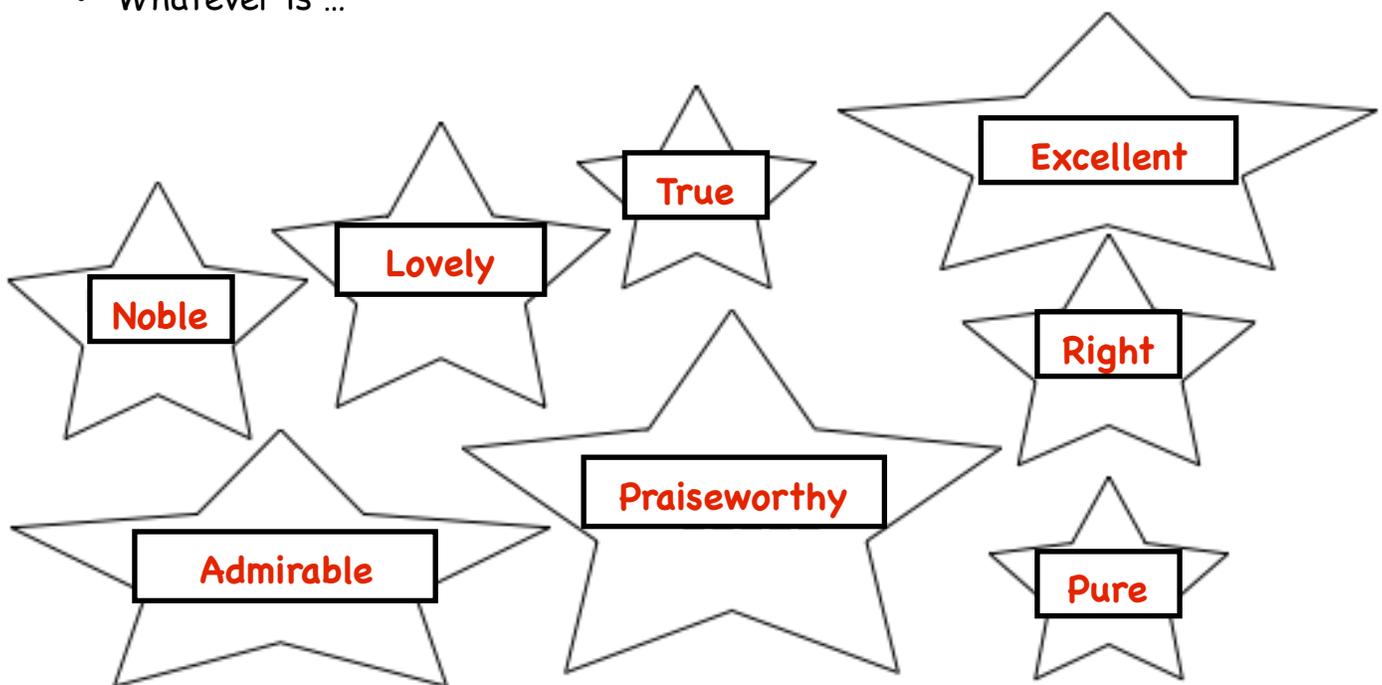
1. What happens to the mind when a person does not think it's important to retain the knowledge of God? (Romans 1:28)
 - It becomes d _____.
2. What does a person's actions look like when the mind loses its knowledge of God? (Romans 1:29-32)
 - His life is filled with every kind of wickedness, evil, greed, and depravity:



MENTAL HEALTH

GOD'S VIEW

3. What will God give you if your mind is steadfast or faithful to Him? (Isaiah 26:3)
 - He will give you **Perfect Peace**.
4. When trouble in life comes your way, what does Christ remind us of? (John 16:33)
 - I have **overcome** the world.
5. When trouble in life comes your way, what does Christ give you? (John 14:27)
 - **Peace**.
6. How do you invite the peace of God into your heart and mind? (Philippians 4:6-7)
 - By **prayer** and **petition**, with **thanksgiving**, present your requests to God.
7. How does peace in your life affect your body? (Proverbs 14:30)
 - It gives **life** to the body.
8. What does Scripture tell us to think about? (Philippians 4:8)
 - Whatever is ...



MENTAL HEALTH

THINK ABOUT THESE THINGS

Write a short poem called using the Biblical guide words found in Philippians 4: 8.
An example is given below:

True, the matchless words of God.
Noble, the silent Christ upon the cross.
Right, to repay evil with good.
Pure, the sinner's heart washed in Christ's blood.
Lovely, the countenance of sincerity.
Admirable, the confession of sin.
Excellent, a righteous act under difficult circumstances.
Praiseworthy, the humility of a servant's heart.

Definitions:

True: something factual or real - **Noble:** showing high moral principles - **Right:** morally good or correct - **Pure:** free of contamination - **Lovely:** exquisitely beautiful - **Admirable:** deserving respect and approval - **Excellent:** extremely good, outstanding - **Praiseworthy:** deserving approval and admiration

THINK ABOUT THESE THINGS

True, _____

Noble, _____

Right, _____

Pure, _____

Lovely, _____

Admirable, _____

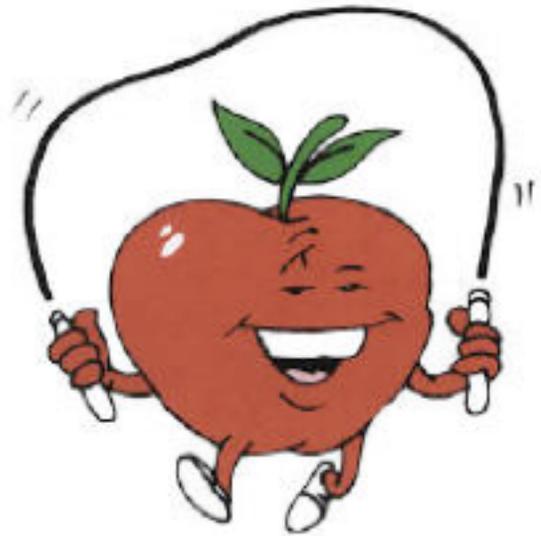
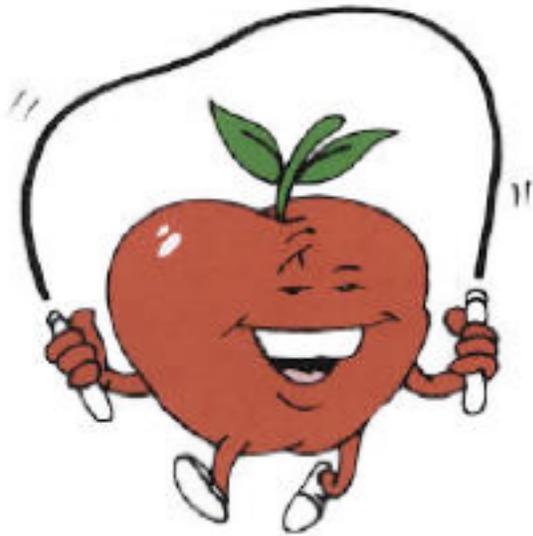
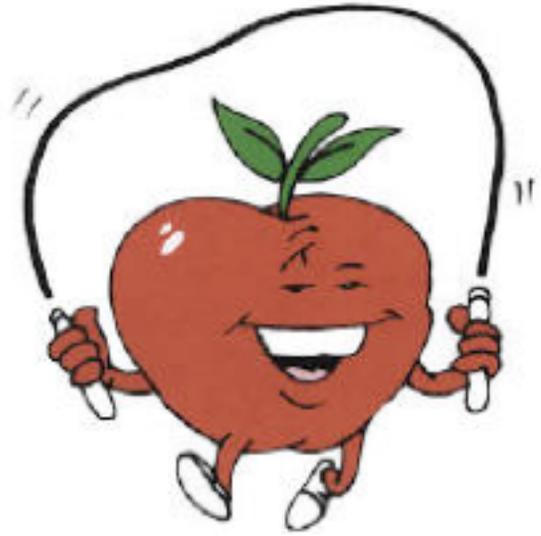
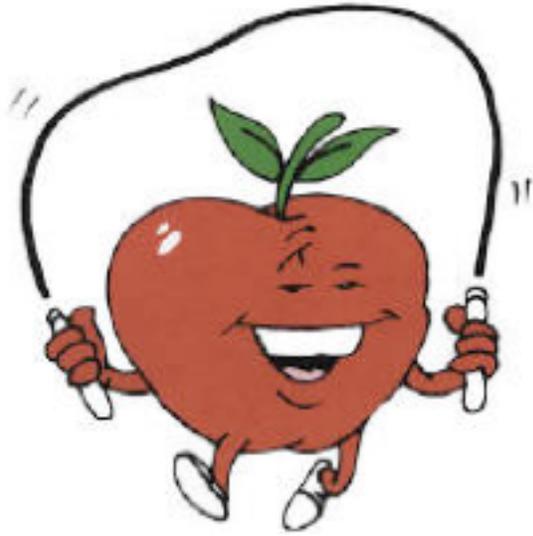
Excellent, _____

Praiseworthy, _____

Jesus
Son of the Almighty

Forgiveness, deliverance, healing

PHYSICAL



HEALTH

1. How is the body affected by a heart at peace? (Proverbs 14:30)
 - Peace gives **life** to the body.
2. What makes the body unhealthy according to Proverbs 14:30?
 - **Envy**
3. Physical exercise has some value, but what has value for all things? (1 Timothy 4:8)
 - **Godliness**
4. What does God spare us from if we pay attention to His commands and keep all His decrees? (Exodus 15:26)
 - **Disease**
5. How does our physical body benefit from living according to God's Word? (Proverbs 4:20-27)
 - The whole body becomes **healthy** .
6. What are we to guard above all else? Why? (Proverbs 4:23)
 - Our **heart** because it is the **wellspring** of life.
7. What action allows you to prosper and live longer? (Proverbs 3:1-2)
 - Keep God's **commands** in your **heart** .
8. What actions will bring health to your body? (Proverbs 3:7-8)
 - Do not be **wise** in your own eyes.
 - Fear the **Lord** and shun **evil**.
9. What brings health to the bones? (Proverbs 15:30).
 - **Good News**
10. A 'cheerful look' and 'good news' bring health to others. What do you think these mean?
 - A 'Cheerful Look' means... _____ **To smile**
 - 'Good News' means... _____ **To encourage**

SOCIAL



HEALTH

1. What allows us to love? (1 John 4:19)
 - We **love** because He **first loved** us.
2. Can we love God and hate our brother at the same time? Explain. (1 John 4:20,21)
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Whoever claims to love God yet hates his brother is a liar.

If one does not love a person they can see,

they cannot love God, who they cannot see.

3. Why does God want us to continue meeting together as a Christian community? (Hebrews 10:24-25)
 - It spurs us on toward **love** and **good deeds**.
 - We **encourage** others and are **encouraged** by them.
4. What do we do less of when we are in the company of believers? (Hebrews 10:26-27)
 - We **sin** less.
5. What are our social duties as outlined in Scripture?
 - Proverbs 25:21
 - We are to have **compassion** on our enemies.
 - Matthew 5:42
 - We are to **give** to the one who asks and **lend** to the one who wants to borrow.
 - Deuteronomy 5:18, Malachi 2:16, Matthew 19:8-9
 - We are not to commit **adultery**.
 - Malachi 2:16, Matthew 19:8-9,
 - We are to have **compassion** on our enemies.

SPIRITUAL



HEALTH

1. What is God's greatest commandment? (Matthew 22: 34-40)

- Whoever claims to love God yet hates his brother is a liar.
If one does not love a person they can see,
they cannot love God, who they cannot see.

2. Write down the first commandment from Exodus 20:3,4.

- "You shall have no other gods before me.
"You shall not make for yourself an image in the form of anything
in heaven above or on the earth beneath or in the waters below.

3. List some potential idols that are common to a grade six person.

- Friends
- Technology
- Sports
- Popularity

4. What happens to a human life that gets disconnected from God? (John 15:4-6)

- It stops bearing the fruit that comes from God.
The fruits of the Spirit (love, joy, peace, patience, kindness, goodness
gentleness, faithfulness, and self-control) are expressed less and less.

5. We need more than food to live. What else is needed? (Matthew 4:4)

- Words that come from God.

6. What is the cost of being a disciple of Jesus? (Luke 14: 25-37)

- One must love God more than anything or anyone else.
One must be willing to die to one's own will to follow the will of God.
One must love God more than one's own life.

7. What is the first thing to consider? (Luke 14: 28-30)

- Are you able to finish?
Can you be a disciple of Christ for a lifetime?

8. What is the second thing to consider? (Luke 14: 31-35)

- Will you give up everything or will you compromise?
Can you maintain a lifestyle that honours God?

