



Truth!: Wisdom for Flourishing

Truth! Wisdom for Flourishing People

Does your health really matter?

Proverbs 3:1-8

Life throws at us all kinds of situations that cannot be solved easily. We're in need of more than just simple solutions. We have complex problems that require greater insight and understanding. The reason we need this is because these problems stand in the way of flourishing. What we need is wisdom for flourishing. We are in need of truth, truth that can guide us to solve complex everyday problems. Where best to turn than to Truth—the Wisdom of Scripture.

To be healthy is to be whole. And to be whole is to strive to be physically, mentally, emotionally and spiritually healthy.

- As you reflect on the message, what stood out to you? What is something you are still thinking about?
- What is something from the message that challenged you? How are you wrestling with that challenge?
- What question(s) do you have from the message?
- What is at least one practical takeaway from the message?

Proverbs 3:1-8—

My son, don't forget my teaching, but let your heart keep my commands; for they will bring you many days, a full life, and well-being. Never let loyalty and faithfulness leave you. Tie them around your neck; write them on the tablet of your heart. Then you will find favor and high regard with God and people. Trust in the Lord with all your heart, and do not rely on your own understanding; in all your ways know him, and he will make your paths straight. Don't be wise in your own eyes; fear the Lord and turn away from evil. This will be healing for your body and strengthening for your bones.

- What is the connection between health and wholeness?
- Why is it important to steward our bodies well?
- What are some practical ways to take care of our physical bodies?
- Read 1 Corinthians 6:19-20. What is the significance of being bought with a price, and how should we as Christians act accordingly?
- Emotional and mental health are also important for us as believers. What are some circumstances that can cause us to struggle with emotions? How can we take our thoughts captive to Christ? What are some verses that can help us in these situations?
- Read Romans 12:2 and Phillipians 4:8. Why is it important to be mindful of our thoughts? How do our thoughts impact our actions?
- Why is our spiritual health important for our overall wellbeing?
- How do we practically become more spiritually healthy?
- What does it mean to us as believers that one day we will be completely physically, emotionally, mentally, and spiritually healthy?