



THAT'S WHAT I WANT

JULY 2/3

TO HAVE A HEALTHY
MIND, BODY, & SOUL
JOHN ALEXANDER

Even though there are times we don't necessarily want to put in the effort, we all crave a healthy mind, body, and soul. It may seem impossible to reach this goal, but with God's help it is possible. If we work on strengthening our trust in Christ, it will make our pursuits of achieving a healthy mind, body, and soul more attainable.

DISCUSSION QUESTIONS

1. Where do you struggle or succeed the most in regard to the health of your mind, body, and soul? How can you stay motivated to work on these daily?
2. What negative thought patterns do you struggle with regularly? Self-doubt? Anxiety? Fear of failure? Write down three affirmations that you can use to replace those thoughts with Godly truth. Read them to yourself every day this week.
3. **1 Corinthians 6:13** says, "Our bodies were made for the Lord, and the Lord cares about our bodies." If your body is God's and not your own, how can you honor God with your body?
4. Jesus calls us to love God with all of our hearts, souls, and minds. If we invest time in anchoring our souls to Christ, in what ways will our daily lives be influenced?

CHALLENGE

This week, remember to fix your thoughts on what is true, honor God with your body, and spend more time on your soul than anything else. Challenge yourself to set attainable goals that correlate with these teachings and seek out support from others and from God while working on this.

COMMIT TO MEMORY

I long, yes, I faint with longing to enter the courts of the Lord. With my whole being, body and soul, I will shout joyfully to the living God. **Psalms 84:2**