

Berean Christian Church
Dr. Kerwin B. Lee, Senior Pastor

Bible Study

April 9, 2024

“Shaping Up for The Master”

1 Corinthians 6:19-20

“Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, 20) for God bought you with a high price. So you must honor God with your body.” (NLT)

I. Elements to Improve Your Health

Listed below are significant factors for one to better their physical temple.

1. Proper _____ can help to improve your physical temple.

Genesis 1:29

“Then God said, “Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food.” (NLT)

2. Proper _____ can help to improve your physical temple.

2 Samuel 23:15

“David remarked longingly to his men, “Oh, how I would love some of that good water from the well by the gate in Bethlehem.” (NLT)

3. Proper _____ can help improve your physical temple.

Mark 6:31

“Then Jesus said, “Let’s go off by ourselves to a quiet place and rest awhile.” He said this because there were so many people coming and going that Jesus and his apostles didn’t even have time to eat.” (NLT)

4. Proper _____ can help you improve your physical temple.

1 Thessalonians 4:3-4

“It is God’s will that you should be sanctified: that you should avoid sexual immorality; 4) that each of you should learn to control your own body in a way that is holy and honorable,” (NIV)

5. Proper _____ can help you improve your physical temple.

1 Timothy 4:8

“Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.” (NLT)

(OVER)

II. Assessment on Improving Your Health

Please answer the questions below as honestly as possible.

1. Please rank the elements from the first section, 1 being the highest and 5 being the lowest based off of how they currently operate in your life.

1. _____ 2. _____ 3. _____
4. _____ 5. _____

2. Please rank the elements from the first section, 1 being the highest and 5 being the lowest based off of how you would like them to operate in your life.

1. _____ 2. _____ 3. _____
4. _____ 5. _____

3. Please list improvements you have made this year regarding your physical health.

III. Commitment for Improving Your Health

Please list practical steps you can make in the area below to improve your health.

1. _____

2. _____

