

SPIRIT OF REAL HEALTH:

A Biblical Approach to Health

Small Group Curriculum

Session 1 – Introduction: What Is Health?

- **Reading:** *Introduction: What is Health?*
- **Key Theme:** Health is physical, mental, financial, and spiritual
- **Discussion:**
 - When you think about health from a biblical perspective, how do you see the connection between caring for the body and honoring God?
 - Which area of health—physical, mental, financial, or spiritual—do you feel God has been prompting you to pay more attention to recently?
 - In what ways can neglecting one area of health hinder your ability to serve God and love others well?
 - After reading this introduction, what do you hope God will reveal to you about your health through this book?
- **Activity:** List, in order, your strongest to weakest health pillars.
- **Prayer Focus:** Ask God for wisdom to see health as stewardship for His glory.
- **Memorize this verse:**
 - Galatians 5:22-23—But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Session 2 – Chapter 1: Physical Health (Part 1 of 2)

- **Reading:** *Chapter 1: Physical Health*
- **Key Theme:** The body is a temple of the Holy Spirit; caring for it is biblical stewardship.
- **Discussion:**
 - In what ways has fear of death shaped your decisions more than faith in God's sovereignty and eternal life?
 - What harmful substances or habits do you need to surrender to glorify God more fully with your body?
 - Are you trying to achieve perfection, or striving for faithfulness in stewarding your health?
 - How can you become a better example of health and discipline for those around you?
- **Action Step:** Each participant sets one small physical health goal (exercise, nutrition, rest, etc.) with a focus on nutritional intake.
- **Prayer Focus:** Care and feeding of the body to honor God.
- **Memorize this verse:**
 - 1 Corinthians 6:19–20—Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

Session 3 – Chapter 1: Physical Health (Part 2 of 2)

- **Reading:** *Chapter 1: Physical Health*
- **Key Theme:** Body positivity should be Biblical and not cultural.
- **Discussion:**
 - What does holistic health look like for you?
 - Where do you see the culture's version of body positivity conflicting with biblical truth?
 - Where do you see the culture's version of body positivity correlating with biblical truth?
 - What daily habits could better honor God with your body?
- **Action Step:** Each participant sets one more small physical health goal (exercise, nutrition, rest, etc.) with a focus on activity and exercise.
- **Prayer Focus:** Strength and discipline to honor God with physical habits.
- **Memorize this verse:**
 - Colossians 3:23—Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.

Session 4 – Chapter 2: Mental Health

- **Reading:** *Chapter 2: Mental Health*
- **Key Theme:** Relationships & community shape mental health
- **Discussion:**
 - What messages from culture or past experiences have shaped your self-image? How does Scripture challenge or affirm those?
 - How have you experienced suffering or mental health challenges as part of your spiritual growth?
 - What spiritual practices bring you the most peace during times of stress or sadness?
 - Are there relationships in your life that need healing or strengthening to support your mental wellbeing?
 - How can you pursue intellectual growth as a form of worship and mental health enrichment?
 - What in your life do you feel is a poor influence and what can you do to remove it from your life?
 - Given the three primary aspects of mental health—emotional, psychological, and social—which do you feel is the most important?
- **Action Step:** Connect with one or two partners for weekly prayer/accountability.
- **Prayer Focus:** Peace of Christ to guard hearts and minds.
- **Memorize this verse:**
 - Philippians 4:6–7—Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Session 5 – Chapter 3: Financial Health

- **Reading:** *Chapter 3: Financial Health*
- **Key Theme:** Stewardship of money brings peace and freedom; money is a tool, not a master.
- **Discussion:**
 - How have you viewed money: as a tool, an idol, or a burden?
 - What is one area of your finances where God is calling you to greater stewardship?
 - Are you consistently tithing or giving sacrificially? If not, what barriers are in the way?
 - How do you differentiate between wise saving and fearful hoarding?
 - What does financial contentment look like for you right now?
 - Do you feel that payment for work is often an accurate reflection of the work done?
 - Would you rather be poor and not have the temptation of money which could draw you away from God or rich and have greater temptation to be drawn away from God?
- **Activity:** Write a one-sentence “financial mission statement” that is spirit focused.
- **Prayer Focus:** Trusting God as Provider and giving generously.
- **Memorize this verse:**
 - Matthew 6:24—No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.

Session 6 – Chapter 4: Spiritual Health

- **Reading:** *Chapter 4: Spiritual Health*
- **Key Theme:** Spiritual health is the foundation; salvation in Christ shapes all of life.
- **Discussion:**
 - How do you personally define spiritual health, and how does it compare to what Scripture teaches?
 - What does it mean to you to love your neighbor as yourself in daily life?
 - How can faith remain strong even when physical or mental health is challenged?
 - Why is it significant that salvation is a free gift rather than something we earn?
 - Who in your life needs to hear that God's grace is available to them right now?
 - How is your faith life influenced by the people around you?
 - If a murderer asks for forgiveness, accepts Jesus as his savior, and goes on to love his neighbors, will they be welcomed into the kingdom of Heaven?
- **Action Step:** Commit to one daily act of the spirit (prayer, worship, reading Scripture, etc.).
- **Prayer Focus:** Deepening relationship with Christ.
- **Memorize this verse:**
 - 1 Corinthians 15:33—Do not be misled: Bad company corrupts good character.

Session 7 – Chapter 5: Real Health (Part 1 of 2)

- **Reading:** *Chapter 5: Real Health*
- **Key Theme:** Integrity and salvation in Christ are central to true health.
- **Discussion:**
 - Which of the four pillars—physical, mental, financial, spiritual—feels most aligned with God’s design in your life right now? Which feels weakest?
 - How does your spiritual health currently influence your physical, mental, or financial health?
 - What daily habits could you start or stop to better honor God with your body and mind?
 - How can you take one practical step toward greater financial peace this month?
- **Action Step:** Identify one way to live out integrity this week.
- **Prayer Focus:** Living securely in Christ’s truth and grace.
- **Memorize this verse:**
 - John 15:5—I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me, you can do nothing.

Session 8 – Chapter 5: Real Health (Part 2 of 2)

- **Reading:** *Chapter 5: Real Health and Final Discussion Questions*
- **Key Theme:** God’s design is integrated health across all four pillars.
- **Discussion:**
 - What does it mean to you that salvation is a free gift? How does this truth affect the way you view yourself and others?
 - How has your faith impacted the way you handle challenges in your life—mentally, emotionally, or physically?
 - In what ways can you actively “love your neighbor” in your current season of life?
 - What habits or practices help you stay spiritually connected to God daily? Are there any changes you feel prompted to make?
 - What would it look like for you to live the rest of your life with all four pillars—physical, mental, financial, and spiritual—working together to serve God’s purposes?
- **Action Step:** Create a 30-day action plan with one new goal in each pillar.
- **Prayer Focus:** Wholeness in Christ—body, mind, resources, and spirit.
- **Memorize this verse:**
 - 1 John 5:11–12—And this is the testimony, that God gave us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life.