

## BE A BRINGER

“40 One of the two who heard John speak, and followed Him, was Andrew, Simon Peter’s brother. 41 He first found his own brother Simon, and said to him, “We have found the Messiah” (which is translated, the Christ). 42 And he brought him to Jesus....”  
John 1:40-42a

A bringer makes one touch each week by investing and inviting someone to Christ and church.

Name three people you will pray for their salvation this week:

## PRAYER REQUESTS FOR THE WEEK

“Moreover, as for me, far be it from me that I should sin against the LORD in ceasing to pray for you;....” I Samuel 12:23a

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### MISSIONARIES OF THE WEEK



**Tony & Marcia Haug | JAPAN**

**PRAISE** - We are thankful for God’s provision of the new preschool bus. This will greatly benefit this ministry. Please pray for 6 new students for the coming school year beginning in April 2022.

**PRAY** - that the Japanese government will allow new visa holders to enter Japan so that Josh and Jane Hofer can begin their mission work in Shimonoseki as English teacher and Preschool assistant.

**PRAY** - Tony’s vision has taken a turn for the worse. He is experiencing vision loss and is continuing to receive treatment. Special prism glass are helping the double vision somewhat. Pray for complete healing.

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**GROWTH** **NEXT LEVEL** **GUIDE**

Handout: 01/16/22  
Study: 01/23/22

## Next Level Health

God created our body, and He created it for himself. Our body is the temple of the Holy Spirit. It is a holy place. You may ask, “Is God really concerned about my body?” Well, He’s concerned enough that He mentions the word “body” 179 times in the Bible. When He deals with something that many times, it’s important! The good news is that because our body is so important, God gives us instructions regarding how to take care of it. He tells us how we can honor Him with our body. Since God considers our body important, we should too.

God made us in His image. Wow! Think of it. It is truly awesome to have the image of the living God within us. God gave us everything we would ever need to live on this earth. Man is His crowning achievement. The Bible says, “For by Him all things were created that are in heaven and that are on earth, visible and invisible, whether thrones or dominions or principalities or powers. All things were created by Him and for Him.” (Colossians 1:16). When man sinned and fell from grace, God gave us the best that heaven had to offer so that we could be redeemed. He gave us His only Son, Jesus. He also sent His Holy Spirit, not only to comfort us, but to indwell us. God has a huge vested interest in us, His creation. Doesn’t it follow, then, that we need to take care of the body He has given us? Doesn’t it make sense that our bodies should be finely-tuned instruments fit for His use? We will honor him by having a Bod4God lifestyle.

The Bible says that the “flesh is weak” (Matthew 26:41). That’s probably an understatement. My flesh is particularly weak when it comes to eating and exercising. The Bible also says that if you walk in the Spirit, you won’t fulfill the lust of your flesh. That simply means you will allow God’s Holy Spirit to control you and your lust.

In all practicality, how does this work? I was used to letting the Holy Spirit guide me when I preached, but not when I sat down to eat. I had to learn to listen for His voice prompting me to make good choices for my body—what I ate and the amount I ate. If I truly wanted a Bod4God, I could no longer stuff whatever I craved into my mouth with wild abandon. I had to stop and think about what I was about to do and to eat.

Many of us have a gap between our beliefs and our behavior. We know what is right, but don’t do it. James, in the Bible, said, “Therefore, to him who knows to do good and does not do it, to him it is sin.” (James 4:17). I had to recognize my abusive eating for what it was—sin. I had to bring my beliefs and my behavior together. For me, the first step was to dedicate my eating to God. No more playing the games of: “Well, this one bite won’t hurt,” or “I’ll buy this treat for the kids, but I won’t touch it.” I had to finish with all of that. I had to learn to honor God with my body.

Steve Reynolds, Bod4God.

## KEY VERSE

III John 2 (NKJV)

*“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”*

## WEEKLY READINGS

**Monday: 3 John 2; Colossians 1**

### Introduction

1. Read Colossians 1:16. Notice the two ways you were created in Colossians 1:16—by God and for God. What does it mean to you to be created by God?
2. What does it mean to you to be created for God?

**Tuesday: Galatians 5:16-26**

### Honoring God With Your Body

3. Galatians 5:16 encourages you to “walk in the Spirit” which means to allow the Holy Spirit to control you. What does God promise you in this verse if you will walk in the Spirit?
4. Is there a connection between the “lust of the flesh” and your physical health? Explain.

**Wednesday: John 10:1-21**

### Motivating Yourself For Change

5. In John 10:10, John tells us that Satan wants to destroy us. He steals from us and he attacks us during our weakest moments and in our weakest areas. When you examine your own health, where does Satan attack you, and what is he stealing from you?
6. When Jesus states that he came to give you an abundant life, this includes your health. What part of your health do you think the Holy Spirit would have you change to live abundantly?

**Thursday: I Thessalonians 4:1-8**

### Managing Your Habits

7. In 1 Thessalonians 4:4, what do you think Paul means by “each of you should know how to possess his own vessel”?
8. What is the connection between obedience to God and managing your eating habits?
9. We often find ways to abuse God’s perfect gifts, such as food. In what ways have you abused God’s gift of food?

**Friday: Psalms 51; Ecclesiastes 4:9-12**

### Building A Circle Of Support

10. In what ways does Psalm 51:12 give you motivation this year to make changes that will honor God?
11. Read Ecclesiastes 4:9 and explain what is the value of having godly people around you?
12. Describe a time when you had to face a struggle on your own, then compare this to a time when you had someone to help you through a struggle. How were they helpful to you and how does this apply to your overall struggles?