

## 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:

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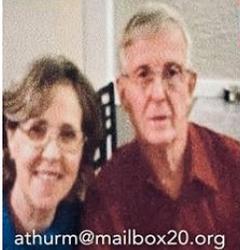
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## PRAYER REQUESTS FOR THE WEEK

“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

**MISSIONARIES OF THE WEEK**



**Arthur and Eloise MacArthur | Laos**

PRAISE- The borders of Laos are finally opening back up to foreign travelers since the beginning of the pandemic. Arthur is currently making plans to return to Laos in early Fall. In the Fall, Arthur and be a part of a team of 4 men traveling to conduct training for 25 pastors.

PRAY for Arthur’s brother’s family as they adjust to the loss of Arthur’s brother, Wally.

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Handout: 09/11/22  
Study Date: 09/18/22

## Faithful In Health

In Romans 12:1–2, Paul wrote, “I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” In the modern Bible paraphrase The Message, the concept of dedication is explained a little more clearly:

So here’s what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.

Paul is saying, “I am begging you earnestly, dedicate your body to God!” We are to present our bodies as “living sacrifices.” Someone once quipped that the problem with a living sacrifice is that it keeps crawling off the altar. It feels that way sometimes. We can “sacrifice” for a time, but after a while we slip up, and then we either give up or have to go back to the beginning and start again.

Sometimes, dedicating ourselves to God is as simple as just saying it. “God, I give myself to You. I give my body to You for Your purposes. I can’t do this on my own. I need the help of Your Holy Spirit to remind me of my calling, to encourage me when I think I can’t go on and when I think things will never change.” After you pray this prayer, God will help you. He can do for you what you cannot do for yourself. He can and must empower you. He can change you from the inside out. He can renew your mind.

If we are going to dedicate our bodies to God, we are going to have to listen to the Holy Spirit’s prompting every time we approach food—and that includes when we are shopping. We cannot say, “It’s my body, I can do what I want with it.” If you have dedicated your body to God, then it is no longer yours. So, no, you can’t do what you want with it. Philippians 3:19 talks about people “whose god is their belly.” Ouch! That’s harsh.

Truthfully, our bellies are often all about self and doing what self wants to do. If your belly is in control of your eating and your life, you are engaging in a form of idolatry. Those of us who would never consider bowing down to a statue to worship, bow down to our appetites and make them gods.

## KEY VERSE

Matthew 16:25 (NKJV)

*“For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it.”*

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## WEEKLY READINGS

**Monday: Romans 12:1; Philippians 1:20-21, 3:17-19**

### Dedicate Your Body To God

1. Describe a time in your life when you really dedicated yourself to something.
2. According to today’s readings, why should you dedicate your body to God?

**Tuesday: Proverbs 23:7a; Psalm 139:14; Philippians 4:4-8**

### Develop the Right Attitude

3. What are some unhealthy attitudes that you have had in your life? How did you overcome these attitudes?
4. Based on today’s readings, how would you describe a healthy attitude?

**Wednesday: James 4:17; I Corinthians 6:19-20; II Cor. 6:16**

### Do It Now

5. Are there things that you need to do for your health that you are putting off? How can today’s readings, help you to move forward?
6. How are our bodies described in today’s readings? How does that impact the way you live your life?

**Thursday: Proverbs 4:20-22, 23:2; I Corinthians 9:27, 10:31**

### Discipline Yourself To Follow God’s Word

7. What are some areas of your life where you struggle with self discipline? How can God’s Word help you grow in self discipline?
8. What does today’s readings say about how we should eat?
9. How disciplined are you when it comes to eating and exercise? Why did you answer the way you did?

**Friday: Proverbs 27:9, 17; Ecclesiastes 4:9-11; Hebrews 10:24**

### Draw Support From Others

10. Who in your life demonstrates faithfulness in health?
11. Why is it important to get support from others when it comes to your health?
12. Who can you invite to help encourage you in your health? Who can you encourage?