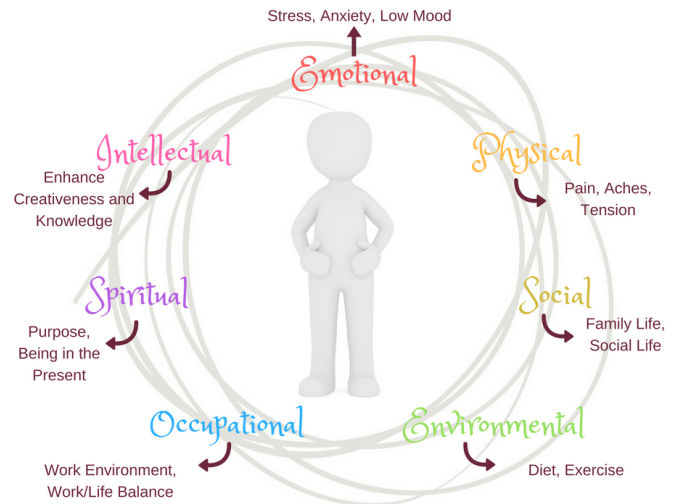


## Week 4.

- What is good health?
- Read John 5:1-9
- Who was healed by Jesus?
- How long had this particular man been ill?
- Why do you think Jesus asked the man if he wanted to get well?
- What do you think of his reply?
- How might a culture of dependency have developed by the pool at Bethesda?
- Can you see any parallels with our society today?
- Do we take good health for granted?
- Is health and wellbeing our personal responsibility? What can we do to help ourselves?
- If our bodies belong to God (see quote opposite) how should we look after them?
- Can you think of any other Bible verses where healthy living is encouraged?
- How can we encourage others in holistic living (ie. addressing the mind/body/spirit)
- What changes in your life might you make in order to be healthier?
- What might we be able to do as a church to encourage healthy living?



## Keeping Well



*'Do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body.'*

1 Corinthians 6:19-20

- Pray for those who do not enjoy good health and need our encouragement and prayers.

### Dear Friend,

I hope all is well with you  
& that you are as healthy in body  
as you are strong in spirit.

-3 John 1:2



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