



STUDY GUIDE

RECALIBRATE 02.04.2018

[start with prayer]

Pray for **Night to Shine** happening this Friday. Pray for our volunteers, for our honored guests, for their parents and caregivers, and for the event itself.

Missions Prayer Focus this week:
Building Hope in the City

[set up]

This past week we talked about how health is more than appearance. This is true for both physical and spiritual health. Share the most difficult physical thing you have ever experienced. It could be anything. How did you feel afterward? Was the result a positive one?

[digging deeper]

Read Revelations 3:1-6. Did anything in particular stick out to you from the message?

Some argue that our culture over-emphasizes physical health and beauty. What do you think? Read the following passages and make some observations about the Bible's view of physical training: 1 Timothy 4:7-10; 1 Samuel 16:11-12; Isaiah 53:1-2; Isaiah 12:11-13. What do you think is the Bible's view of physical health and beauty? How does this shape the way we view our own personal appearance?

Read 1 Samuel 16:7; Jeremiah 17:10; Proverbs 16:2; 1 Chronicles 28:9; Psalm 139:1-3. On a sheet of paper, write one observation from each of the above passages of Scripture.

From all of your observations, can you write out one statement that represents all of your observations? How does this statement apply to how we view our health, finances, relationships, romance, and work?

When we think of the passions of CVC (Living Truth, God Dependence, Caring Community, Missional Living, Linked Generations, Equipped Leadership), how do you think what was discussed tonight can help focus our church toward our passions? What steps could our church make to be more in line with who God made us to be?

[living it out]

Pastor Josh challenged us to pray, "Lord, show me my next step toward spiritual health," and he challenged us to take one or two next steps to grow. What were those next steps you chose? Would you feel comfortable if the LifeGroup asked you about that step next time we meet?

[end with prayer]

Spend some time now in prayer. Ask three people in the group to pray. The first person should pray for a greater spiritual health in each person in the group. The second person should pray for God's values to be our values. The third person should pray for any needs of the people in the group.