



As a group, let's dig deeper about what we learned today and answer the following questions:

- A. What is our primary motivation for maintaining a healthy lifestyle? What are the benefits of having this motivation?

- B. In which among the three areas of health (sleep, food and exercise) are you compromising today? What can you do to improve in this area(s)?



The time to start living wisely begins today.


Continue with us and your group for the succeeding session next Welcome Wednesday, same time and venue.

Invite family, friends and co-workers.



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A GLC  Catalyst on Stewardship

Session 3: Health Management

July 1, 2015; 7PM

Multipurpose Hall, CCF Center

What and Why?

1 Corinthians 6:19 (NASB95)

¹⁹Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own?

1 Corinthians 6:20 (NASB95)

²⁰ For you have been bought with a price: therefore glorify God in your body.

Notes:

How?

1 Corinthians 6:12 (NASB95)

¹² All things are lawful for me, but not all things are profitable. All things are lawful for me, but I will not be mastered by anything.

Notes:

1. Sleep

2. Food

3. Exercise

