



# Recalibrate.

New Year, New Beginning

## TIPS TO A SUCCESSFUL GROUP

- **LISTEN WITHOUT FIXING AND TEACHING.** People desperately need a safe place to share their thoughts and be real with others. Give people space to talk without trying to fix them, correct their thoughts or teach. Choose the relationship over the desire to cast judgement or prove your point over theirs, to be "right".

## Week 2: Recalibrate your Body

### ICEBREAKER

What's one small change you made in the past that had a surprisingly big impact on your health?

### INTRODUCTION

At the start of a new year, many of us resolve to get healthier. But within weeks, our motivation fades. In Romans 7, Paul describes this struggle - wanting to do right but falling short in carrying it out. The key to follow through is relying on Christ's power for the self-control needed to recalibrate our lifestyles. This week, we'll explore practical ways to recalibrate our body to be more physically and spiritually healthy. Let's look to and put our trust in Jesus for help to set and maintain a healthier lifestyle in 2024.

## READ I

One of the most important lessons to remember as we move to recalibrate our bodies is that they are not actually our own - they were bought with a price.

*"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."* -1 Corinthians 6:19-20 (NIV)

When we recognize that God himself dwells within us through his Spirit, it should reframe how we treat our bodies. This truth calls for recalibrating our lifestyles to honor the Holy Spirit residing inside.

To start this change we should look to God's Word; it can help us realign our perspective to focus on making each choice with care for the temple of God's presence within us. When our bodies focus first on glorifying God, we can become vessels for radical recalibration and transformation.

Ultimately our bodies are on loan from God, and He designed them with plans and purposes for our life. The more we connect intimately through our devotion to Jesus, the more we can be moved by the Holy Spirit to make changes for His glory.

**Are there areas in your life where God might be signaling the need for a detox in order to let go of anything working against your overall health? What are some ways the Holy Spirit has been nudging you to swap harmful habits for healthier practices?**

## READ I

God designed our temples for movement. We all need regular physical activity to maintain our body's health and well-being. Intentional movement reduces disease risk, boosts fitness, enhances mood, decreases anxiety, and increases cognitive function. When we incorporate practices like walking, stretching, or other exercise, we feel more motivated and better equipped to spend time learning and applying God's Word.

*For **physical training is of some value**, but godliness has value for all things, holding promise for both the present life and the life to come.* -1 Timothy 4:8 (NIV)

Scripture affirms the value of physical exercise and godliness. In order to have a balanced, godly lifestyle that bears fruit, we need to stay active. We don't have to train for a marathon or be a bodybuilder, we just need to keep moving.

**What activities do you enjoy that involve movement? What realistic step can you incorporate into your lifestyle to get you moving more often (Ex: Park farther away, take daily walks, schedule stretch alarms on your phone, etc.)**

## READ I

As we move to recalibrate our lives with God, we are called to purify ourselves from contaminants that harm our bodies and spirits. The process of purifying our body and spirit is also known as sanctification.

*Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.*  
-2 Corinthians 7:1 (NIV)

In this scripture, Paul calls on the church to commit themselves to progress toward spiritual growth and purification. To purify, we must first identify; both the external, sinful influences as well as the internal attitudes and thought patterns that are ungodly. When we identify the addictions or appetites that control aspects of our life, we can prepare to turn away from them and back to God, to be set free by His mercy and grace.

*Therefore do not let sin reign in your mortal body so that you obey its evil desires... For sin shall no longer be your master, because you are not under the law, but under grace.*  
-Romans 6:12-14 (NIV)

**What's one area of contamination for you to address physically? (Example: reducing or eliminating eating some unhealthy foods/drinks) What small step can you take this week to purify that area of your life?**

## READ I

Decontaminating our body starts with healthy eating. Fast foods, sugars and processed oils can be tempting and addicting, but also unhealthy. Replacing harmful foods and habits with life-giving nutrition and self-care is key to helping your body thrive.

*Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things.*  
-Philippians 3:19 (NIV)

In this scripture Paul warns us of living a lifestyle where our primary focus is on satisfying physical appetites and desires. It goes beyond literal food and encompasses a lifestyle driven by self-indulgence and immediate gratification.

As believers, we should look for ways to set healthier patterns for our lives that honor God. Changes can be small and easy, such as switching from white rice to brown or reducing the amount of sugary drinks we consume. Each time we make healthier decisions, it reduces our cravings for things that might end up destroying us.

**What's one simple swap you can make, like fruit instead of candy, to improve your diet? How can we encourage healthy eating in our families and communities?**

## READ I

Speaking of fast food, one biblical way to help get in touch with your body is to fast... foods. Fasting, or extended times without food, is God's detox method, which provides both spiritual and physical benefits. Fasting is all about what is happening inside you as it deepens your connection with God while controlling appetite and boosting health.

*When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, **will reward you.*** -Matthew 6:16-18 (NIV)

In this scripture, Jesus emphasizes the fasting process as something internal and not external. Believers should not fast for recognition or praise, but rather out of faith and praise toward God. When the motivation for our fast is purposeful and devoted to God, He will reward your mind, body, and soul for your faithful sacrifice.

**What do you need to purposefully pray and fast for (Ex: Guidance, strength, help with a problem, self-control)? Are you willing to participate in our 3 day church-wide fast January 15th? If so, what will you be fasting from your body? (Ex. food, coffee, soda)**

## WHAT WILL YOU DO?

This week, start your "21 Days of Deep Breath Devotionals" and 3-Day Fast along side fellow believers and church family. Invite God to help you through your fast and devotionals to look at your habits, including eating and exercise to discover better ways to honor the temple He has given you. Prayerfully choose one area to recalibrate your lifestyle and take it to God, understanding that it is just between you and Him. Remember that your relationship with your body is a lot like your relationship with God; it requires attention and effort in order to reap the maximum benefits possible.

## CLOSE IN PRAYER:

Lord, I acknowledge you as the Creator of these bodies and temples of your Holy Spirit. Reveal areas in my lifestyle and overall health that need recalibration and renewal. Help me to let go of anything holding back my health and well-being. Align my habits with Your design for my life through the power of Christ in me. Transform me and change my ways as I take small steps forward in faith. Protect me and give me strength as I prepare to fast in Your honor. I praise you for the good work you will do in and through me. In Jesus' name, amen.



## Make Time to be in God's WORD

Reading God's Word daily re-patterns the way you think & transforms your mind. Doing your daily devotions is an excellent way to record, process, & share what God is teaching you on a personal level. We do this using S.O.A.P.

- S - Scripture**
- O - Observation**
- A - Application**
- P - Prayer**

### Here's an example:

**S:** *Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.' "*

*--Matthew 4:4 (NIV)*

**O:** Jesus said that we can't live on food alone. Our life is sustained through His Word.

**A:** Just as food is important to me, God's Word is even more because it will sustain me and give me the strength to live out my life.

**P:** Jesus, thank You for reminding me that I need Your Word to give me the wisdom & strength to follow You. Help me to make time to spend with You daily. In Jesus' name I pray, amen.

## SCRIPTURES FOR S.O.A.P.

### **Day 1:**

***"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship."***

***--Romans 12:1 (NIV)***

### **Day 2:**

***"So whether you eat or drink or whatever you do, do it all for the glory of God."***

***--1 Corinthians 10:31 (NIV)***

### **Day 3:**

***"Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones."***

***--Proverbs 3:7-8 (NIV)***

### **Day 4:**

***"While they were worshiping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul for the work to which I have called them.' So after they had fasted and prayed, they placed their hands on them and sent them off."***

***--Acts 13:2-3 (NIV)***

### **Day 5:**

***"My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body."***

***--Proverbs 4:20-22 (NIV)***