

MESSAGE DISCUSSION QUESTIONS

Questions to dig deeper into this week's topic



ROAD TESTED

JUNE 1, 2025 | THE BIBLE HOLDS UP ON... PHYSICAL HEALTH

1. What's your favorite piece of now-debunked medical advice? Why do you think they got that wrong?
2. Dion Garrett briefly referenced Psalm 139, take a few moments and read the entire psalm. While it covers a lot of ground, what message do you take away re: your physical body?
3. Hard to interpret parts of the Bible, like the Book of Leviticus, can make more sense if we remember that God's purposes for his people include (1) public health (2) avoiding idolatry (3) being set-apart. In your own words, try to articulate how these filters can be help interpret hard chapters like Leviticus 11 and those that come after.
4. We tend to see spiritual (non-physical) things as more valuable and pure while physical things we see as more prone to corruption and impure. (Note: Some of this is due to a misunderstanding of what Paul means when he talks about "the Spirit" and "the flesh"). But the Bible instills a unique worldview, where the physical body is very valuable.
 - a. How do you see the value of the physical world (including our bodies) in creation? (see Genesis 1 & 2)
 - b. How do you see the value of the physical world through Jesus's birth, ministry death, and resurrection?
 - c. Read Revelation 21:1-3, what is the role of the physical in our ultimate destiny?
5. When was the first time you heard a weekend message about the importance of your physical health? What's one thing you can do to start exploring more of what the Bible says about the care of our physical bodies?