

Sermon discussion questions

SERMON TITLE: Staying Healthy in a Crisis

SPEAKER: Pastor Steve Milazzo

DATE: May 17, 2020

KEY SCRIPTURE: 3 John 1:2 and
1 Thessalonians 5:23

3 John 1:2

²Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

1 Thessalonians 5:23

²³May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.

OPENING QUESTIONS:

- What are you celebrating in your life this week?
- What's challenging you this week?

SCRIPTURE: Read the scripture out loud.

DISCUSSION QUESTIONS:

- How are you giving grace to yourself and others? Are you pushing beyond what God expects?

What are some ways we can refuel our soul every morning and every evening?

Refuse to eat emotional, mental, and spiritual junk food. Why should we do this?

If fear comes by listening to bad news, what must we do to build our faith?

How are you taking care of your body and why is this important?

- What is the value of having someone who you can be real with? Do you have such a person in your life?
- What situation are you facing and how will you make something good out of something bad?

PRAYER: Take time to pray for one another. Pray that we would be refueled in God and maintain a healthy state of being. May we take time to care for others & experience the rejuvenation needed to carry on.