



## INTRODUCTION:

What does our culture say about health? What are the various motivations to be “healthy”? How do you think our culture tries to explain sickness and disease?

## TAKE A LOOK AT THE BOOK:

**Read Genesis 1:27-31 and 3:15-24**

In the Genesis 1 passage sin had not entered into the world yet. What are some things you observe in this passage? What kinds of things did he give to Adam and Eve?

Now turn to the Genesis 3 passage what is going on in this passage? What kinds of things were cursed?

We see from Genesis 1-3 that pain and suffering were not a part of God’s original design, clearly the original design was meant to not experience poor health so the question is what does the Bible say about health?

**Read 1 Corinthians 6:19**

While this is in the context of sexual purity (which has ramifications on our health), what is the underlying principle that Paul is teaching here?

**Read Proverbs 16:24**

What does this teach? Do you really think bitterness and ungraciousness is bad for your health, why? Why not?

### **TAKE IT HOME:**

Think back to the opening questions. What do you think our motivation as believers should be towards our health? (Hint: refer to 1 Corinthians 6:19 for help)

How can we encourage those who are struggling with health issues that are out of their control?