

Community Group Discussion Guide

Love the Lord Your God with All Your Strength

Watch the Love the Lord Your God With All Your Strength teaching video on thechapel.com/chapelplus. Use the Video teaching notes or interactive notes to guide your viewing.

After viewing the video, discuss the following questions with your Community Group:

1. Define “strength”. Based on your definition, are you strong?
2. Are you stewarding your time well? How do you spend your time? Do you glorify God in how you spend your time?
3. What are your talents and gifts? Are you stewarding these gifts for God’s glory? What step can you take to better use your talents and gifts?
4. Read Matthew 6:24. How can money get in the way of full devotion to God? How are you currently stewarding your treasures? If you need to better steward your finances, seek wisdom and accountability from your group.
5. Read 1 Corinthians 6:19-20. What does it mean to honor God with our bodies? Why is this important?
6. Read John 3 1:2. Describe the relationship between physical health and spiritual peace. What are some action steps people can take to improve spiritual health?
7. Evaluate your eating, exercise, and sleeping habits. Are these habits honoring to God? How do these habits influence your spiritual health?
 - a. What action step can you take to improve your health in one of these three areas. Be specific. Seek accountability in taking this action step and be prepared to share your progress with your group.
8. What does it mean to find your rest in God? What are your regular rhythms for seeking God and finding rest and renewal in Him?

Resources

I’ll Start Again Monday – Lysa TerKeurst

Eat, Fast, Feast: Heal Your Body While Feeding Your Soul – Jay W. Richards

The Daniel Plan – Rick Warren, Daniel Amen, Mark Hyman

[“A Little Theology of Exercise”](#) – David Mathis

Garden City: Work, Rest, and the Art of Being Human – John Mark Comer