

EXTENDING YOUR ENERGIES

Small Group Discussion Questions

1. Why is your health important?
2. What does “you are what you eat” mean?
3. What kind of eating is sin?
4. How can you find out how much sleep you need?
5. What can exercise do to help your body and benefit you?
6. What kinds of things have chemicals in them that our bodies absorb?
7. What kinds of physical benefits does fasting have?
8. What about spiritual benefits?
9. What kind of spiritual input do you need to be having to have the strength you need?
10. How can a schedule help you make better use of your energy?
11. How can knowing what your purpose or goals are help you make better use of your energy?
12. What kinds of results will you get if you follow the advice in this lecture?
13. Why is a positive spirit important?
14. Why is it important to be an example in every area to your students?
15. How can doing these things improve our witness?
16. How is better service directly related to doing the things outlined in this lecture?
17. If there are still issues you have questions about, please raise them now.