



## Resilient Bodies

When you consider the availability of “fast food” delivery, the “bonus time” spent at home, the closure of recreational facilities, and combining that with our relatively sedentary way of life, there is little surprise that many of us are wrestling with “Covid-19 lbs”.

1. Job 5:26 reads, “*You will come to the grave in full vigour, like sheaves gathered in season.*” It’s a picture of enduring good health. Think of the time you were your healthiest... What does “*full vigour*” look like for you?

Genesis 1:31 tells us that when God looked on, “ALL that he had made,” (including our physical bodies), “it was VERY good.” Therefore it’s not a grand leap in logic to determine that our physical health matters to God.

2. Watch the video with Stan Wiens.

In his talk, Stan argues that our health matters enough to God that care for our bodies should be considered a spiritual discipline.

3. Stan talks a lot about the power of a simple habit. Is taking a step towards being healthier something that you desire in your life right now?
4. Based on your current understanding of spiritual discipline, how surprised are you at the thought of caring for your body as a spiritual discipline? See 1 Corinthians 6:19 for help.
5. How might God use your journey towards being more active to open up opportunities to show and share the love of Jesus with others?

# Anchor Crew Questions

At the heart of *The Anchor Initiative* is the 3-2-1 Process:

- A “Crew” of at least **3 people**
- Meeting **2x a week**, to encourage each other
- While each of you **forge 1 Habit**.

Use these questions to check in with each other:

1. Share with the Crew how the last week has been with your habit formation... The good... the bad... and the ugly.
2. If it's going well, celebrate! If you've been struggling with the habit, what could you try to make it better? How can the Crew help you?
3. What has the work of habit formation revealed to you about God's work in your life this week? How does that change things for you?
4. Is there anything about Stan's talk on resilient bodies that might compliment or change your approach to your habit?

