Healthy Habits Series
Practice / Week 2

Week 2: Know Yourself – EMOTIONAL & PHYSICAL health.
September 18

Begin with Prayer

- Whether you are alone or with a group, in a living room or around a table, take a few mins to invite the Holy Spirit to be with you and guide your time.

Practice

- "Introduce" yourself to the rest of the group, including naming your greatest strength and do this by using only one sentence.

- Consider the parts of your life story that made it into the above "introduction" as well as those parts of your story that you chose NOT to include. Was it easy to think of one of your strengths? Discuss those strengths you recognize in another group member that perhaps they did NOT mention.

Read this Scripture

- Romans 7: 14-25
- Feel free to do this alone, or as a group.

SELAH: (After reading, meditate on it in silence)

Reflection

- What does the above passage have to say about knowing oneself?

Close in Prayer