

**Montrose United Methodist Church Tuesday Bible Study**  
*Joyfully, to Love All, Serve All, and Share Jesus Christ with the World!*  
“Spirit-Driven Living: Eating and Exercise” **Psalm 128**  
September 20, 2016  
\*\*\*Please register your ATTENDANCE  
Sign up for REFRESHMENTS. Thank you!

### **Prayer Requests / Prayer**

**Table Discussion:** What were meals like when you were growing up? What did you eat during your meals? What did you like? What didn't you like?

### **Psalm 128—A song of ascents.**

- <sup>1</sup> Blessed are all who fear the LORD,  
who walk in obedience to him.
- <sup>2</sup> You will eat the fruit of your labor;  
blessings and prosperity will be yours.
- <sup>3</sup> Your wife will be like a fruitful vine  
within your house;  
your children will be like olive shoots  
around your table.
- <sup>4</sup> Yes, this will be the blessing  
for the man who fears the LORD.
- <sup>5</sup> May the LORD bless you from Zion;  
may you see the prosperity of Jerusalem  
all the days of your life.
- <sup>6</sup> May you live to see your children's children—  
peace be on Israel.

1. Although we all enjoy the gift of life, some may view a healthy lifestyles optional. Consider adopting a healthy eating and exercise regimen for:

- Overall wellness, increased length of life, improved physical health, God's honor

2. Here are six factor that affect our longevity. Where do you need to start? How would you rate yourself in each of these areas on a scale from 1-10, with 10 being the highest rating?

- Attitude, mental activity, relationship, exercise, genetics, diet

3. How does Psalm 128 relate to our physical health?

4. Who are the people who have been positive influences in your life regarding having a healthy lifestyle?

5. What are positive and negative ways you have influenced people closest to you in regard to healthy lifestyle issues?

6. What do John 2:19, Romans 12:1, 1 Corinthians 6:19-20, and 1 Corinthians 9:27 have to say about our physical health?

- What other scriptures might you go to for guidance in taking care of our physical bodies?

7. Share at your table what you feel God is leading you to do next to achieve a healthy lifestyle.

**Closing Prayer:** God of Abundant Life: Teach us truly to love you with all our heart and all our soul and all our mind and all our strength. Help us be good steward of the wonderful gift you have given us by taking good care of these clay vessels that contain the treasure of your Holy Spirit. We thank you, in Jesus' Name. Amen.