

Dare To Be A Healthy Christian Sunday School Series **(Student Guide)**

Acts 20:7-10

On the first day of the week, when we met to break bread, Paul was holding a discussion with them; since he intended to leave the next day, he continued speaking until midnight. There were many lamps in the room upstairs where we were meeting. A young man named Eutychus, who was sitting in the window, began to sink off into a deep sleep while Paul talked still longer. Overcome by sleep, he fell to the ground three floors below and was picked up dead. But Paul went down, and bending over him took him in his arms, and said, "Do not be alarmed, for his life is in him."

The Christian Church has been lulled to sleep by the current American culture of self destructive health behaviors. Christians are dying a self induced death of obesity, diabetes, stroke, and heart disease. But, just as Eutychus, there is still life present. Christians have an Almighty God who can overcome any human weakness, the Holy Spirit as the guiding force in their lives, and the power of prayer which can keep them connected to God. Only by utilizing these Christian principles can the current plague of poor health be overcome. Christ – the resurrected Lord – lives on within the heart and life of the true believer. We have a strong stewardship responsibility to take care of our body – God’s Temple. As Christians we must realize that if anything is to be done on Earth for Jesus it must be done by us. We think in Spiritual terms, but while on Earth we act through our physical bodies. Whether we are spreading the Good News, ministering to the poor and sick, or helping our fellow Christians, we need our physical bodies. So if we are to be effective Christians we must do everything in our power and control to care for our bodies.

Dare To Be A Healthy Christian is a church based health program focusing on 4 proven Health Principles:

1. Do Not Smoke.
2. Maintain a Body Mass Index (BMI) < 30.
3. Exercise 150 minutes/week. (30 minutes 5 days a week of some form of aerobic exercise)
4. Eat 5 servings of fruits or vegetables daily.

Currently it is estimated that only 8% of Americans practice all 4 of these health habits which offer a reduction in overall mortality, heart disease, diabetes, hypertension, stroke, congestive heart failure, and cancer. The overall goal is to advance these principles within each church and within 1 year have over 50% of individual church members practicing all 4 habits, thereby dramatically improving the overall health of the South Eastern United States. Also, by linking these health habits to the Christian beliefs in

1. An All-powerful God,
2. The power of rebirth,
3. The guiding force of the Holy Spirit,
4. The power of prayer,

the informed, inspired, and supported Christian Church will be able to sustain these health changes where the rest of society has failed.

Program Structure

The *Dare To Be A Healthy Christian Sunday School Series* is made up of 6 DVD presentations divided into 3 weeks.

Week 1

Introduction - 4 minutes

Question 1 - Are we healthy? - 13 minutes

Week 2

Question 2 - How can we become healthy? - 3 minutes

Question 3 - What are the benefits of good health? - 2 minutes

Question 4 - Why is it important to be healthy? - 7 minutes

Week 3

Question 5 - Why the Church? - 12 minutes

We encourage the class to watch each presentation then use the discussion topics to start a dialogue about Christian health.

At the end of each week there will be independent study tools for class members to explore. These can all be found at the website www.ChristianHealthForums.com. Click on the *Dare To Be A Healthy Christian* tab then click on the Sunday School link.

Independent Study Tools

Week 1 - Read the *Dare To Be A Healthy Christian* workbook Introduction.

Week 2 - Study the Spiritual Principles of Change.

Week 3 - Start the *Dare To Be A Healthy Christian* 4 week workbook.

Explore the website www.ChristianHealthForums.com to learn more about Christian health. There you will find useful resources to improve your physical and spiritual health.

Week 1

Introduction - 4 minutes

Discussion

- When it comes to health, how have you “sinned and fallen short of the glory of God?”

Question 1 - Are we healthy? - 13 minutes

Discussion

- What aspects of the Modern Plague are present in your church? How about your family?
- Why might Christians, especially pastors, have worse health habits than the nation?

Independent Study Tools

Week 1 - Read the *Dare To Be A Healthy Christian* workbook Introduction.

(You can find this at the website www.ChristianHealthForums.com. Click on the *Dare To Be A Healthy Christian* tab then go to the Sunday School link.)

Week 2

Question 2 - How can we become healthy? - 3 minutes

Discussion

- Discuss the Failed Solutions. Which of these solutions do you rely on to make you “healthy”?
- Which parts of The 4 Principles of Healthy Living do you find easy? Which parts are hard?

Question 3 - What are the benefits of good health? - 2 minutes

Discussion

- Who relies on you to stay healthy?
- Is there someone in your life who you wish would take better care of their health?

Question 4 - Why is it important to be healthy? - 7 minutes

Discussion

- Discuss the 3 aspects of why it is important to be healthy as a Christian.
 - 1) How do you pass on good (or bad) health habits to your children?
 - 2) How do you personally witness to others through your health habits? How does your family? How does your church?
 - 3) Discuss Romans 12:1. How do you serve God?
I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

Independent Study Tools

Week 2 –Study the Spiritual Principles of Change.

Go to the Online Resources section of the website www.ChristianHealthForums.com and click on The 4 Principles of Health Living link to learn more about healthy living.

Week 3

Question 5 - Why the Church? - 12 minutes

Discussion

- Why is there such a Struggle To Act in our nation when it comes to health?
- How are Christians “called to be different” from this World? In what ways do you see this happening today?
- How has “rebirth in Christ” caused a change in you life?
- How has the power of prayer made a difference in your life?
- How has the Holy Spirit been active in your life?
- Discuss how rebirth in Christ, the power of prayer, and the guidance of the Holy Spirit can help Christians overcome the temptations that lead to poor health?

Independent Study Tools

Week 3 - Start the *Dare To Be A Healthy Christian* 4 week workbook.

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