Conversation Questions

1. Where have you experienced freedom on the other side of a hard discipline in your life? How does keeping your eyes on Jesus change how you approach discipline?

2. The Apostle Paul says in 1 Corinthians 9:24-27 that athletes don't run aimlessly. In your physical health, where are you headed? What does your "finish line" look like so as to not run aimlessly?

3. What distraction most often pulls you off course in your physical health?

4. What is one decision you could pre-decide this week (a food, a drink, a bedtime, a habit) so that you aren't relying on your feelings in the moment to make health decisions for you?

5. What is one area of your life, whether physical, mental, or spiritual, where something other than God has too much control of your life? Why do you think that is? What would you rather have it look like?