

Look Back:

- What is one area/recurring event that typically elevates your emotions? Did you take time to understand, process, and invite Jesus to carry the burden? What was the result?

Connect:

- Which area (physical, mental, emotional or spiritual) of your life are you most in tune with? Why do you think this is the case?

Look Up:

Read : Psalms 38:1-10

- How many different examples of physical signs or pain does David mention in these verses? Do you think that these were actual conditions or exaggeration?
- What's the source that David believes triggered, or led to his physical pain?
- Do you believe that David could have avoided the physical pains? If so, how?
- When has the brokenness, or challenges in your own life had an impact on your physical health?

Read : Psalm 103:1-5 and Matthew 6:14-15

- What does Psalm 103 reveal about how we can find physical restoration? Which of these have you found to be true in your life?
- What do these verses say is the key to receiving forgiveness?
- Do you find that forgiveness is more easy or challenging for you to do? Why?
- Have you personally or have you seen someone else's physical well-being be impacted after that person received or offered forgiveness?

Overall (Discovery Bible Study)

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

Look Ahead:

- How are you feeling physically? Do you have aches and pains, are you exhausted, or are you doing great? Over this week, take stock in your physical health to see if there may be an indicator of something deeper taking place?

Prayer Points

- Praying for your ONE, ONE person in your life who doesn't know Jesus
- Pray for our Flagler Campus, to build momentum and keep making an impact
- Pray for the movement that is Salty Church and its leadership

Leader Notes

In the same way as our lights on our dashboard work, our bodies give us signals and indicators of what's going on inside. When we harbour difficult emotions, or challenging situations it can have drastic effects on our physical health. However, oftentimes we falsely attribute it to something else or just disregard it all together. The big idea this week is to slow down and listen, is there something else going on inside that may be causing a physical ailment. Allow the scripture and the Spirit to lead your conversation.

Leadership tip

Planning Center On-Line is going to have an amazing impact on our groups ministry. There are some helpful tools available to help lead more effectively. Taking attendance is one of those. To do so, simply set up your calendar, under settings. You can set it up to automatically email you to take attendance 10 minutes after group starts and it takes all of 30 seconds.