



SMALL GROUP LESSON PLAN

Teaching The Bible Through Practical Biblical Teaching

- **Greeting/Opening Prayer/Food & Friendship**
- **Icebreaker** ~ What is your favorite sport, watching or playing?
- **Testimonies/Good news/What are you thankful for?**
- **WOF's Purpose:**
 - 1) We teach and educate - exercising believer's rights through practical application
 - 2) We are a holistic church- development of spirit, soul, and body
 - 3) We are a mission's church - serving both domestic and international
- **Short review of what was preached at service on Sunday**
- **Facilitation of Lesson**

Attendee

God's Recipe for Healing

Lesson 3: Physical Healing

In Corinthians Paul reminds us that we were bought with a price and we must honor and glorify God with our bodies, we must be wise and disciplined on how we treat our bodies. Avoiding unhealthy habits, practicing healthy eating and participating in physical activities are key ingredients to healthy bodies. God's recipe for healing is to take care of our spirit, soul and body.

READ: 1Corinthians 6:19-20 AMP, Galatians 5:19-21 AMP. The bible makes it clear that using our bodies to participate in unhealthy habits will stop us from inheriting the kingdom of God, which includes healing.

1. How do you avoid temptations or overcome unhealthy habits?
2. Share some scriptures that bring peace when temptations rise.

READ: 1Corinthians 10:31 AMP, Ecclesiastes 3:11-14 AMP. God wants us to enjoy all that He has provided for us, but like the other areas of our lives, we should involve Him in our grocery shopping, food preparation and portion sizes, always giving thanks.

3. What are some benefits of healthy eating?
4. Share some general healthy eating practices.

READ: 1Corinthians 9:24-27AMP, James 1:5-8 AMP. Seek God for wisdom to develop and maintain physical activities for your body.

5. What challenges are stopping you from adding a physical activity into your schedule?
6. What steps can you take to improve your physical healing??

- **Time of Prayer**
- **Your Circle: (Family, Friends and those you have influence with) How's it going?**
- **Announcements-Next WOF service and any additional announcements**
- **Dismissal**

Prayer focus: 1) Your Circle (friends and family) 2) Small Group members 3) Word of Faith Leadership
Have you reached out to your circle today?