

TABLE TALK

practical health + wellness + spiritual wellness

Intro

- God wants us to be living healthy and whole lives. This includes mentally, physically + spiritually.
- John 8:32- We want to step into the fullness of the truth of not only the gospel, but of all of the other blessings God wants for us through His Word!

Screens, mindfulness + music: A few things to consider when feeding your mind, heart + spirit. There is a difference between what feels good and what is good. What are you doing in your daily life that brings glory to God? 1 Corinth 10:31

Being used of God

Having physical energy and mental clarity to be available for God to use you.

Some people wonder why God isn't calling them, when in reality, we're not allowing Him to because we're not making the space in our lives.

Things to consider

What are you feeding yourself first thing in the morning? Social media or God?

What does it look like for you to supplement things that are little to no value to this life, but would enhance your relationship with God?

What would it look like for you to sacrifice and push aside something that your flesh craves but you know adds no value to your relationship with God and others?