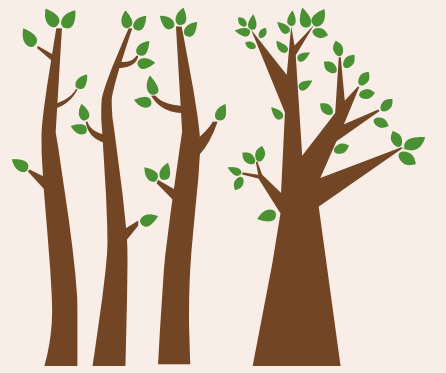


The Grove



DISCUSSION:

This exercise is to acknowledge the questions. These are emotional and spiritual health questions.

We cannot take them all on, but we can start somewhere.

Ask yourself: On a scale of 1-10, how am I doing? Where and how can I grow?

General – Am I okay in general? How am I really? **Eyes** – What am I watching? Is it healthy? **Ears** – What am I listening to? Is it healthy? **Mouth** – Am I speaking words of life or death? **Skin** – How sensitive am I? How calloused am I? **Back** – How is the backbone of my life? Is my foundation good? **Reflexes** – Am I able to resist a knee jerk reaction and respond instead? **Joints** – Is everything connecting well in my life and moving as it should? **Breathing** – What is my oxygen? What is the thing I can't live without? Is it healthy? **Heart** – Is my heart broken? If so, why? Have I offered those broken pieces to God? Is my heart steadfast in God? **Sleep** – Am I resting and taking refuge in God? **Blood pressure** – Am I willing to learn what raises and lowers my emotional and spiritual health? **Activity** – Am I actively and diligently being steadfast in my heart? **Water** – Am I consuming enough Bible Truth?