

July 1, 2018
Series: Hello Summer
To Better Love and Serve
Travis Brawner

1. What is the most important thing in the world to you besides being a Christian and your family?
2. After accepting Jesus, what is the most important thing we do as Christians?
(Read Mark 12:29-31. Love God and people.)
3. How did Travis define the difference in soul and spirit? **(Our soul is our thoughts, emotions, will, etc. and our spirit is where Jesus is or isn't.)** How have you differentiated between the soul and spirit?
4. How does scripture show the importance of the body, and what does the body have to do with faith? **(The body is the only way to make our faith known.)**
5. Philippians 2:3-4 tells us to look not only after our own interests but also “the interest of others.” How are you looking out for the interest of others?
6. Paul makes a grand declaration in his letter to the Philippians (1:21): “For me to live is Christ, and to die is gain.” In what way were both true for him? Could you declare the same thing?
7. What were the big goal and purpose Travis listed and discussed? **(Goal: a longer life with more energy and a sharper mind. Purpose: To better love and serve.)**
8. When people exercise and eat well, what other purposes do some have besides being better able to love and serve? **(Look good, feel good, etc.)**
9. When we are physically and spiritually well, we can take care of others. How has this been true in your life?
10. When it comes to food, what do quantity and quality represent? **(Quantity is weight, quality is nutrients.)**
11. What are four things or areas Travis said 150 minutes of exercise a week helps with? **(Colon and breast cancer; stress, anxiety, and depression; immunity; cognitive function.)**
12. What is your favorite kind of exercise? What motivates you to maintain your exercise goals? What prevents you from meeting these goals?
13. Travis said the best approach to improving our diet and exercise is to take it slow and steady. What is something little you are considering?