



# SOUL CARE

## EAT, DRINK & MOVE

### ICEBREAKER

- What's a classic TV sitcom you enjoyed watching as a child that you would still watch today as an adult?

### DISCUSSION QUESTIONS

1. If you could eat and drink only one thing for the rest of your life, what would you eat? And what would you drink?
2. What is one of your families' favorite meals on constant rotation within your home? And is your family intentional when choosing meals during the week?
3. How many ounces of water do you drink during the day?
4. How many steps do you take on a given day?
5. Have you ever considered what you eat, drink and the way you move one of the ways you take care of your soul? Why and why not?
6. In addition to eating, drinking and moving, what are other practical ways to "honor God with our bodies"?

### NEXT STEPS & PRAYER REQUESTS

- Eat like Jesus — the fresher the better, locally produced over mass processed
- Drink like Jesus — Prioritize water above the rest
- Move like Jesus — Walk.