

# EXTENDING YOUR ENERGIES

## *Leader's Guide:* PD4-3

Lecture time: 43 min.

Discussion time: approx. 40 min.

### **Leader's Oral Opening Comments**

- Children that drink a lot of milk have strong bones when they are old. Many of us take our bodies for granted — *'our body will always be there and it will always function as it should'*. The devil provides you with that idea. In fact God turned your body over to you for good stewardship to see how you will manage it. Many health issues or body deterioration show itself only after prolonged misuse — like overeating. In most cases our spiritual output is in relation to our physical wellbeing. Perhaps it is time to pay attention and gain some new insights in stewardship of our physical resources.

### **Leader's Oral Closing Comments**

- I hope these insights will stimulate us to a good, honest discussion.
- And then maybe to bless your wife and children by becoming a better, healthier spouse.

### **Discussion instructions**

Steer the discussion towards implementing better habits. Like how will you do that? When can you do that?

### **Prayer instructions**

- Have each of your men mention one physical difficulty and how they think it affects them spiritually.
- Then pray for that person.

### **Pass-out material instructions**

Be sure each brother has a copy of the questions to take home to share with his wife

### **Practical assignments**

- Do this practical assignment during your Meeting
- As Seminar leader make a list of all attendees names **and** the name of the person to whom they want to be accountable. Your interest will spark their sincerity. It will also help you next time you talk to them.

### **Special adaptations for unique groups**

**Any unfortunate, or weak, ill brother who needs your personal loving care to share this stuff gently with him?**