

Sermon Series Lent 2017: *Living Well* – Diet & Exercise

(MOTHERING SUNDAY)



Questions for Discussion

Set Texts (readings): Exodus 2:1-10 & Luke 2:3-35

Additional Texts John 4:1-15, Daniel 1:8-End

SECTION 1

Read Exodus 2:1-10 & Luke 2:3-35

Whole Group Questions (led by Home Group Leader)

Sunday was Mothering Sunday. In both our Bible passages there is the excitement of a new child. Parents have the greatest influence over their children concerning their diet and exercise.

1. How important was your mother/father in teaching you a good diet?
2. How has your diet changed over time?
3. Imagine Jesus is sitting in the home group with you. What do you think he would say makes up a good diet?
4. The western lifestyle is a much more sedentary existence than the Greco-Roman world. Does it have to be like this?

SECTION 2 (Small groups – two or three)

Read Daniel 1:8 – End & John 4:1-14

(It may have been that Daniel and his friends did not want to eat the meat because the animal was not killed according to Hebrew custom - but Daniel is also insistent that the young Hebrew men at the King's table drink water rather than wine even though it is not breaking any food law.)

5. Water is the primary component of the human body and of life – how much water do you drink a day?
6. Water has many symbolic uses in scripture – can you mention any?
7. Where do you get your sustenance from?

Plenary - Whole Group Question

Look up the following Bible passages (Ps 1:3; Jer 17:8). (Ps 63:1); (Ps 143:6) (John 4:14) (John 7:38-39) (Eph 5:26) (Ti 3:5) (Rev. 22:1-2) (Rev 22:17)

8. How thirsty are we for God at Christ Church?