

# YOU'VE HEARD IT SAID



LifeGroups



## Key things you heard

- Well-being encompasses all areas of our health—physical, emotional, spiritual, social, and spiritual.
- It's difficult to love and care for people when we aren't healthy. In fact, our ability to love others often depends on our ability to love ourselves.
- Trauma can impact our well-being by causing the brain to have emotional reactions instead of rational reasoning.
- Jesus took care of His own needs and the needs of others around Him.

**Pray:** *God, thank You for caring about our entire well-being—our bodies, minds, and spirits. We know that when we are healthy, we're able to walk in our full, God-given potential. Show each of us what our next steps look like this week. In Jesus' name, amen.*



## Tweetable Moments



It takes strength and courage to ask for help.



Our well-being isn't limited to how well we're doing. It also includes how well the people around us are doing.



## Say What? Questions for conversation

**Icebreaker:** What's your favorite way to relax and take care of yourself?

- What stuck out to you from this episode?
- Terri mentioned replacing lies with truth was most difficult for her. Which part of well-being do you struggle with most? Why is that?
- On a scale of 1-10, how well do you care for yourself? How might that impact your ability to love others?
- Read **Mark 8:22-25**. What does this Scripture show you about Jesus' heart for well-being?
- Talk about a time when a friend helped meet a physical or emotional need of yours. What did you learn through that experience?
- How could you take a more active role in pursuing better well-being for yourself and others?



## Now Go Do It Resources and next steps

**Challenge:** Find one way to pursue well-being for yourself or others. Tell your LifeGroup about your experience this week.

- If you're not yet in a LifeGroup, find or start one here: [www.life.church/lifegroups](http://www.life.church/lifegroups)
- Start the *You've Heard It Said* Season 6 Bible Plan, plus find Bible Plans about each of the five key areas: [www.go2.lc/neighborplans](http://www.go2.lc/neighborplans)
- Learn more about Neighbor and find Local Partners near you: [www.life.church/neighbor](http://www.life.church/neighbor)
- Learn more about the work Branch15 does: [www.branch15.org](http://www.branch15.org)