

# BACK ON TRACK

## TALK IT OVER

### Back on Track With My Health

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If you would like to watch the weekend message, visit [www.saddleback.com/watch](http://www.saddleback.com/watch).

Open your group in prayer and remember that this is only a guide. Feel free to discuss each of the provided questions or simply dive deeper into just one. Before you close with prayer, take a few minutes to look over the Three Essential Questions toward the end of the document.

### Scriptures Used

Proverbs 4:20–22, Romans 12:1–2, 1 Corinthians 6:19–20, Romans 12:2, 1 Timothy 4:8, Ephesians 4:22–25,

### Questions:

1. What is one thing you do as part of your daily or weekly routine to take care of your body? What is one area you struggle in?
2. Proverbs 4:20–22 (NIV), "*My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body.*" Discuss the idea that God's divine design leads to a healthy life. Why is health not only spiritual but also mental, emotional and physical?
3. Romans 12: 1-2 (NIV), "*Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*" Why does Paul ask us to present our bodies as a living sacrifice to God? What are some ways we conform to the patterns of our world?
4. 1 Corinthians 6:19-20 (NIV), "*Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.*" We have been bought at a price through the cross. How does knowing our bodies belong to God change the way we live? What are some ways we can be good stewards by worshiping and honoring God with our bodies?

5. Ephesians 4:22-24 (NIV), *"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness."*  
Our mind directs our body. Paul tells us to put off the old self. What is one thing you are holding onto that you need to get rid of and replace with something else in order to experience your new self? (e.g., the story you tell yourself, a habit, a relationship, a mindset, an attitude, etc.)
6. Reviewing Romans 12:1-2 from the question above, you cannot live out your heavenly calling without an earthly body. There is a mission and ministry that you can only accomplish with your body in motion and surrendered to God. How will you allow God to use your mind and body to accomplish his will?
7. Which of the ideas mentioned in the message will you choose to focus on right now?  
Practical Ideas: 1) Put off and put on one thing 2) Tell yourself a better story 3) Make a scorecard 4) Get around healthy people 5) Dedicate your body to God

## Three Essential Questions

The following questions are intended to be open-ended and encourage members to consider how they and what they, or the group, can do as a result of hearing the message.

1. **What did you hear?** *What point in this message was most impactful for you?*
2. **What do you think?** *How did this message challenge, change, or affirm your thinking?*
3. **What will you do?** *How will you or your group put into practice what you've learned today?*

## Small Group Action Steps

1. Consider taking the Group Health Assessment in your small group. This assessment will help you see how your small group is balancing the five purposes and will give you suggested next steps for each purpose. Click here to take the Group Health Assessment:

<https://saddleback.com/connect/smallgroups#spiritualCheckup>

2. Did you know that Saddleback produces many new small group studies each year? Visit <https://saddleback.com/studies> to check out Saddleback's ever-growing library of small group curricula.