

What’s Up Doc?

Seven Health Tips

1. Don’t procrastinate on what you know to do. (Acts 9:20-22)
2. Reconstructive surgery will be needed. (Acts 9:23a; Gal. 1:13-18)
 - A. Paul learned to become a great listener before becoming a great talker. (II Cor. 12:2-7; Isaiah 40:31)
 - B. Paul learned to become a person of great surrender before becoming a great fighter. (Phil. 1:21; Phil. 4:12)
 - C. Paul learned what to forget. (Phil. 3:13; Gal. 1:10)
3. Accept the fact that some will reject you. (Acts 9:23)
4. Have people in your life who believe in you. (Acts 9:24-25)
5. Don’t be alarmed that some will be skeptical of you. (Acts 9:26)
6. Become so believable that you have a cheering section. (Acts. 9:27-30)
7. Don’t paint yourself into the corner of stardom. (Acts 9:31; I Peter 5:5&6)

8. Read Acts 9:24-25. How important is it for you to have people in your life to believe in you? Name at least one person who believes in you. Do you show appreciation to them?

9. Read Acts 9:27-30. Have you become believable to those who used to be skeptical? Do you have a cheerleader in your life? Who? Are you a cheerleader to someone?

10. Read Acts 9:31. Did Paul feel like all depended on him? Was he indispensable? Do you live as if you are the indispensable one? Do you know people who have become a star in their own minds? Read I Peter 5:5&6. How do you stay humble while God exalts you?

Podcasts are available each week on www.kcfonline.org under Resources.

FOOD FOR THOUGHT

For the week of March 7, 2010

(Questions and Scriptures for further study)

1. Why do so many people dread or put off going to the doctor?
2. Read Acts 9:20-22. What are some things you routinely procrastinate on. What are some things God has told you to do or change and you keep putting off? Why?
3. Read Acts 9:23a; Galatians 1:13-18. If God were to send you off for several years for reconstructive surgery, what would he change in your life?
4. Read II Corinthians 12:2-7; Isaiah 40:31. Do you have a problem with listening first before you speak? In your community group when people speak, do you hear revelation or opinions?
5. Read Philippians 1:21. Have you come to the place of surrender in your life? Where do you struggle with surrender?
6. Read Philippians 4:12. Do you live in contentment and satisfaction or do you focus on what you don't have?
7. Read Acts 9:23. Have you been rejected lately? How did you feel? What did you do?