

# INSIDE OUT

*Living and Loving from a Healthy Soul*

## LIFE GROUP DISCUSSION QUESTIONS

Date: November 12, 2023

Sermon Series: Inside Out: Living and Loving from a Healthy Soul

Sermon Title: The Total Human Being, Part 2

Scripture: Mark 12:28-34

Speaker: Dr. Ron Jones

1. Read Mark 12:28-34. What is the relationship between a healthy soul and the mind, body, and heart?
2. Consider how to live and love from a healthy mind. What two practices did Pastor Ron talk about that contribute to a healthy mind. (HINT: read Romans 12:2 and 2 Corinthians 10:5).
3. Read Romans 12:1, 1 Corinthians 6:18-20, and 1 Thessalonians 4:3-5. Discuss how to live and love from a healthy body.
4. Read Matthew 12:34, Proverbs 4:23, and Jeremiah 17:9. What do these verses say about the human heart? What role does the heart play in achieving a healthy soul?
5. Consider Proverbs 4:23. How exactly do we guard our hearts?

Fig. 1

