



Immune Health—Your Firm Foundation

Session Guide and Review Notes

Immune Health—Your Firm Foundation

5 min Welcome and Introduction

PowerPoint Presentation: Short (10-15 min.) or Long (30 min.) version

Summary: Immune Health: Your Firm Foundation

- Your home's foundation provides the strength and security of its entire structure. Similarly, your immune system is your foundation for good health.
- Immune defenses include physical barriers such as skin, inflammatory responses to injury, and immune responses to bacteria, viruses, or infection.
- "A huge proportion of your immune system is actually in your GI tract..." The healthy bacteria in your gut enhances your immune function. Dan Peterson, MD; John Hopkins University
- Like a crumbling house on a poor foundation, constant "insults" to the immune system work over time to harm health and break down resistance.
- **Boost with antioxidants:** Antioxidants are powerful immune boosters. They "mop up" toxins and free radicals that can cause damage and promote disease. Visit the "department of defense"—the produce department—daily!
- **Build with exercise:** Exercise not only protects the immune system but also builds it, especially antibody and natural killer "T" cell response.
- **Balance with stress management:** Chronic stress is a hit to immune health. Healthy ways to manage stress include **prioritizing** your schedule, **paring down** what you do each day, and trusting in God's **saving power**.
- The Bible tells the story of a wise man who built his house upon a solid rock foundation. Matt 7:24. God's Word is the foundation of spiritual health.

10 min Discussion Time 1: What are your thoughts?

- ✓ What are lifestyle immune hits to watch for and protect against?
- ✓ Discuss ways to boost immune health—mentally, physically, spiritually.

5 min Discussion Time 2: What is your story?

- ✓ You or someone in the group may have a “delivered story” that pertains to the session topic. Take a few minutes for you or a guest to share.

5 min Freedom Journey: Present the following thoughts for reflection prior to next discussion periods to encourage positive discussion for change.

- **Reflect:** Positive daily choices break big, bad habits. They slowly boost, build, and balance immune and overall health over time.
- **Recalculate:** Perseverance and determination are keys to good health.
- **Reframe:** Determine to learn from your mistakes and make them stepping stones to a better life!
- **Remember:** Your body is a temple for God’s Holy Spirit. You are not your own. You were purchased with the price of Christ’s sacrifice. You glorify your Creator when you care for your body. 1 Corinthians 6:20.

10 min Discussion Time 3: What have you learned?

- ✓ What did you hear that deeply moved you?
- ✓ What did you learn that makes you stronger in your resolve?

Lifestyle Links: Lifestyle links for building physical, mental, emotional, and spiritual strength.

Reboot and Rebound: Daily choices build a better brain, body, and habits.

- **Create a Lifestyle:** Focus on nutrition, exercise, sleep, and water.
- **Create an Environment:** Write your new positive thoughts, decisions, and actions in your **Better Way Journal**.
- **Create Connections:** Spend daily time in the Bible, taking time to pray to God as a Friend. Connect with your accountability partner.

10 min Discussion Time 4: What will you do?

- ✓ What is your reason for hope today?
- ✓ Which of the **Living Free** tips are your focus right now?
- ✓ What is your first step?

5 min Group Promise, Affirmation, and Prayer to Close Session

Pray and Say: Divine power and daily practice change the brain.

- **Prayer:** “Dear God, thank you that by your power and strength, I am Living Free!”
- **Promise:** “I can do all things through Christ who strengthens me.” Philippians 4:13.
- **Affirmation:** “Thank you God for my freedom journey to better physical, mental, and spiritual health!”
- **Encourage** participants to review their handout.
- **Close** with prayer.

Handout: Balanced Living Tract: Immune Health: Your Firm Foundation