



These Doctors Still Make House Calls

Session Guide and Review Notes

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5 min Welcome and Introduction

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

Summary: These Doctors Still Make House Calls

- We talk about health care benefits, but let's focus on "self-care" benefits.
- The following eight natural "doctors" work together to improve physical, mental, and spiritual health. They reduce chronic ailments and add quality to your life!
 - ✓ **Nutrition.** Shop the produce department; power up with plant foods.
 - ✓ **Fresh air and exercise.** Motion balances emotion. Get up and out daily.
 - ✓ **Rest.** Sleep balances hormones, improves memory, and lowers stress.
 - ✓ **Attitude.** A thankful, positive orientation toward life is vital to health.
 - ✓ **Relationships** provide opportunities for giving, receiving, and sharing.
 - ✓ **Mental fitness.** Creativity and learning ease depression and addictions.
 - ✓ **Positive choices** build discipline and overcome big, bad habits.
 - ✓ **Spiritual health** is at the center of a healthy lifestyle. You can't, but God can!

10 min Discussion Time 1: What are your thoughts?

- ✓ Why do these 8 doctors work together, not separately, to improve my quality of life?
- ✓ Why is spiritual health the center of a healthy lifestyle?

5 min Discussion Time 2: What is your story?

- ✓ You or someone in the group may have a "delivered story." 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:** Friends and circumstances change over time. Consistent, healthy habits are protective and stabilizing.

- **Recalculate:** A modest change in diet, attitude, exercise, sleep, and other habits can make a big difference in your risk for disease, depression, and even your ultimate destiny.
- **Reframe:** What we magnify will get bigger. Choose to magnify solutions, faith, trust, and God's promises instead of problems and obstacles.
- **Remember:** Jesus invites us to come to Him for all our needs. "My God shall supply all your needs according to His riches in glory by Christ Jesus." Philippians 4:19.

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.

- Drink at least 8 glasses of water daily instead of caffeine and soda.
- Eat a healthy breakfast: whole grains, fresh fruit, and nuts.
- Connect with a walking/exercise buddy and start a daily plan.
- Create a "Better Way Journal" and record daily positive choices.
- Keep a thank you list of daily blessings.
- Consider taking time for a creative hobby or activity in nature.

10 min Discussion Time 4: What will you do?

- ✓ What is your reason for hope today?
- ✓ Which of the **Lifestyle Links** 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: 1. Balanced Living Tract: These Doctors Still Make House Calls