

# *Following Jesus to Personal Health and Wellness*

FLGA District LCMS  
President's Convocation  
September 29, 2011

## Agenda

### **Introduction/Overview** (10 min)

### **Prayer**

### **Can we talk?** (30 min)

- ∞ Jesus' promises and Jesus' teaching.
- ∞ Why are we unhealthy?
- ∞ Is our health related to following Jesus, or not? How so?
- ∞ What comes between God and us? How do we go wrong?
- ∞ How exactly do we follow Jesus? What are the activities of discipleship?
- ∞ What would "health discipleship" look like for you?

### **How practical is "health discipleship" for you?** (15 min - small group discussion)

- ∞ Identify barriers to your personal health discipleship.
- ∞ Brainstorm ideas to overcome barriers and move forward.

### **Health discipleship summary** (10 min)

- ∞ Identifying the key elements

### **Committing to a personal health goal** (5 -10 min)

### **Close**

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Do you have questions, comments or suggestions, or do you need help? Please give me a call at **321-794-0298** or drop me a line at **pete@drpeterjweiss.com**. I'll also be here through the end of the conference tomorrow. I'd love to hear from you anytime!

If you like *More Health Less Care*, you may want the companion *Discussion Guide for Christian Small Groups* and/or the *Coaching Manual*. Just send me an email and I will forward them as PDF files.

Sincerely,

Peter Weiss, MD FACP