

Week Three: *Getting Out of Your Head*
Genesis 2:4-7

Spend FIFTEEN – Day One

1. When you think about your appearance, what's your favorite feature? Do you get compliments on your eyes, your smile, or something else? What makes that feature unique to you?
2. Read Genesis 2:4-7. How did God create man?
3. Read Psalm 139:13-16. According to these verses, how were you specifically created?
4. How does this make you feel about your best features? How does this change how you feel about your features that you are not particularly happy about?
5. It's human nature to pick apart our bodies, but according to the Bible, our bodies are an amazing gift from God, specifically designed by him. How can we use this truth to inform your opinions about your body?
6. Spend a few minutes thinking about your body, including all of the things it allows you to do, and all of the places it carries you throughout your day. Jot down the ones for which you are most grateful. Spend the rest of your FIFTEEN in prayer, thanking God for blessing you with your body.

Spend FIFTEEN – Day Two

7. If you stop and assess how well you've taken care of your body so far, how would you rate yourself?
8. For many of us, we take that gift for granted. Why do you think that happens?
9. Study after study shows the importance of physical care of our body on our minds. The body is more than just a vessel to carry around our spirits; the care of our body affects our minds. Think again about the way you take care of your body and how it affects your mind. In what ways do you help or hinder your state of mind with your body?
10. Read 1 Corinthians 15:12, 20-23. What will ultimately happen to our bodies?
11. Read 1 Corinthians 15:42-49. What does it mean to you to know that the body we will have ultimately will be imperishable?
12. God's grace extends beyond our spiritual salvation; his grace extends to our physical body in the resurrection as well.

He will provide us with a new imperishable body. How does this truth affect how you feel about the importance of your earthly body?

13. Before you end your FIFTEEN, spend a few moments in quiet reflection thinking about your body. Notice how it feels. The weight of your body in the chair, the tension in your muscles, any aches or pains. Don't judge your body, just notice it. Then end your FIFTEEN in prayer by thanking God for the gift of your body and to help you take the best possible care of it.

Spend FIFTEEN – Day Three

14. Lamaze is a childbirth technique popularized in the 1950s by French obstetrician Dr. Fernand Lamaze. It uses breathing and relaxation techniques to help facilitate childbirth with less medical intervention. Lamaze is only one example of how breathing can aid relaxation when the body is under stress. Have you experienced a painful event such as childbirth or an injury and used breathing to deal with the pain in that moment? Was it instinctual, or did someone need to remind you to breathe?
15. Look again at Genesis 2:4-7. How did God give man life in verse 7?
16. Now read Job 33:4. These words were spoken by Elihu, a friend of Job. What did Elihu understand about his life?
17. What a powerful gift God has given us in our breath. God himself breathes his breath into us to give us life. How does this change how you might feel about the gift of your breath?
18. Read Numbers 27:15-17. How did Moses describe God in this scripture? What was Moses' prayer for his people?
19. Our breath not only sustains our lives and helps regulate our emotion and stress responses, it can also remind us that God is our creator and sustainer. Spend the rest of your FIFTEEN thinking about your breath. Notice how it feels to breathe deeply and slowly. Then like Moses, think about God who breathed his breath in you. Remember his faithfulness in giving and sustaining your life. Then end with a prayer of gratitude.

Spend FIFTEEN – Day Four

20. What's your go-to activity when you need a break? What makes that activity helpful for you?
21. Think again about this activity. Is it a healthy one, healthy to a point, or do you often over-do it? Explain your answer.
22. Sometimes, even healthy behaviors become unhealthy, especially when they are used as a way to escape our problems. What makes them become unhealthy for you?

23. One of the reasons people use unhealthy behaviors or healthy behaviors in an unhealthy way is to numb pain. Read the following verses and note what each says God does and what we do.
- a. 1 Peter 5:6-7
 - b. Psalm 55:22
 - c. Psalm 18:35
 - d. Matthew 6:25-34
24. Temporary numbing can be a tempting thing. But what God offers us is a way to find true solace and actual solutions to our needs instead of just avoiding them. End your FIFTEEN in a time of confession. Think about those time when you tried to avoid your problems instead of trusting in him for answers. Then ask him to help you to remember to turn to him first.

Spend FIFTEEN – Day Five

25. It has been said, if you know how to worry, you know how to meditate. How good are you at worrying? Do you often ruminate on problems or do you try to avoid them?
26. Read Psalm 46:10. What does God tell us to do in these verses? Write it in your own words.
27. Being still is often easier said than done. As we read this week, focusing on the life-giving breath God has given us is one way to relax. So is meditating on God’s Word. This may sound difficult to do, but it really is as easy as worrying. There’re many ways to meditate on scripture, but here are some tips to help you spend the rest of your FIFTEEN meditating on scripture.
28. Think about the times you have worried about something. You probably thought about that problem repeatedly. Repetition can be an essential component of mediation. Pick a scripture to meditate on. Perhaps it’s Psalm 46:10 or one of the verses we looked at on Day Four. Start by reading that scripture several times slowly to yourself.
29. Now re-read that scripture again and focus on individual words of the verse. Emphasize a different word each time you read it through. How does the passage change meaning when you emphasize different words?
30. Re-read the scripture, but use your own words and examples. For instance, “For God so loved the world...” For God so loved each and every person I know...”
31. Try personalizing it with your own name and circumstance. “For God so loved me...”
32. Finally, use your scripture as a prayer. For example, “God, because you loved the world so much I know...”