

## RCCG HOUSE FELLOWSHIP LEADERS MANUAL 15 OCTOBER 2023 LESSON 7

### Description

This is RCCG HOUSE FELLOWSHIP LEADERS MANUAL 15 OCTOBER 2023. THE LESSON SEVEN (7) topic is HEALTHY LIVING AND LONGEVITY.

Read:

- [RCCG HOUSE FELLOWSHIP MEMBER'S MANUAL 15 OCTOBER 2023](#)
- [RCCG SUNDAY SCHOOL TEACHER'S MANUAL 15 OCTOBER 2023](#)
- [OPEN HEAVEN 15 OCTOBER 2023 DEVOTIONAL](#)
- [RCCG YAYA SUNDAY SCHOOL 15 OCTOBER 2023 MANUAL](#)

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## RCCG HOUSE FELLOWSHIP LEADERS MANUAL 15 OCTOBER 2023

### TOPIC: HEALTHY LIVING AND LONGEVITY

Note: Check on [RCCG HOUSE FELLOWSHIP ANTHEM](#)

#### Opening Prayer:

Father, please give me sound health and preserve my life in Jesus name.

#### Previous Knowledge:

Leader should ask members to describe the God of Moses.

# TODAY'S LESSON

## Memory Verse: 3 John 2 (KJV)

*Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. ”*

## Bible Text: 1 Corinthians 10:31 (KJV)

<sup>31</sup> Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

### Lesson Introduction:

Healthy living is a matter of CHOICE. The Bible admonishes us that everything should be done in moderation.

In other words, excess of everything is bad. If one is physically fit, it will determine how one can go spiritually.

## LEADER'S DIARY

### Lesson Aim:

To equip members with the mindset of living healthy and hygienically.

### Teaching Objectives:

At the end of the lesson, members should be able to know:

- ??four factors that enhance healthy living.
- the meaning of longevity.

### Text Review: I Corinthians 10:31

- ??Everything you do should be for God's glory.
- ??There is provision for God to act when you are devoted to His cause.

### Teaching Method:

Use discussion and lecture method.

### Time Management:

Share the teaching time using the suggested time schedule.

## **Lesson Outline One: FOUR FACTORS THAT ENHANCE HEALTHY LIVING**

### **1. Eat a balanced diet**

The choice of food we eat determines how well we can be. It is good to eat varieties but in small portions to get the essential vitamins, minerals and iron that the body needs than to be full of unhealthy food.

Eat what you need and not what you want.

### **2. Take good care of your body**

It is good to be physically fit, and this can be achieved by exercising the body regularly. This will help to keep the body in a good shape and the brain in a perfect condition.

The body must be kept clean to prevent germs that can cause sicknesses and diseases in the body.

### **3. Keep healthy relationships**

He who walks with the wise will become wise, but the companion of fools will be destroyed. Those we associate with in life can make or mar us.

### **4. Positive thoughts**

The book of Philippians 4:8 says,

***“Finally brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue, and if there be any praise, think on these things.***

## **Lesson Outline Two: LONGEVITY**

Longevity simply means LONG LIFE.

- a. Psalms 91:16 says, God will satisfy those who love Him with long life.
- b. Exodus 20: 12 says, we shall live long if we honour our fathers and mothers.
- c. When we obey commandments of God – Proverbs 3:1-2.
- d. God is the owner of life, we can always pray for mercy just like Herekiah.

## **Activity:**

How can a healthy life entrance your prayer life?

## **SUMMARY:**

Healthy living is the best way of life. Practice it and you will reap the benefits thereof.

## **CONCLUSION: RCCG HOUSE FELLOWSHIP LEADERS MANUAL 15 OCTOBER 2023**

Good health also guarantees long life.

## **PRAYER POINTS**

1. ???Father, please grant me a balanced health.
2. ???Lord, please sanctify us wholly for Your use.
3. ???Daddy, may Your blessing and strength be on the increase in our lives daily.
4. Lord, deliver us from every unhealthy habit in Jesus name.
5. Lord, grant Daddy and Mummy G.O. sound health and strength each day.
6. Personal Request.

## **ASSIGNMENT: RCCG HOUSE FELLOWSHIP LEADERS MANUAL 15 OCTOBER 2023**

Do some sports this week and resolve to eat healthily.

## **GOLDEN DIET FOR THE WEEK**

**MONDAY:** God has given you a message to deliver and a horse (your body) to use for this purpose. Please, don't kill the horse.

**TUESDAY:** Cleanliness is next to godliness.

**WEDNESDAY:** What I think and say, I become. What I eat and do, I become.

**THURSDAY:** What goes in or out of your mouth can define or defile you – Matt. 15:11.

**FRIDAY:** 1 Tim. 4:8a, do not despise or neglect bodily exercise.

**SATURDAY:** Plan to go for a prayer today even for just few minutes, it will help you physically and spiritually.

SUNDAY: Keep a merry heart. It is very healthy – Prov. 15:13.

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