



## TRANSFORMATION: A PASTORAL PERSPECTIVE

HOW WOULD YOU DESCRIBE YOUR PERSPECTIVE ON PHYSICAL HEALTH AND ITS RELATIONSHIP TO YOUR FAITHWALK IN THE PAST?

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WHAT WAS THE CORE ISSUE YOU HAD TO FACE IN ORDER TO TAKE THE STEP FORWARD TOWARD TRANSFORMATION?

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WHAT BIBLICAL INSTRUCTION SURPRISED OR IMPACTED YOU THE MOST?

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WHAT INFORMATION REGARDING YOUR DIET OR FOOD WAS MOST IMPACTFUL FOR YOU?

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“SO WHAT?” WHAT HAS CHANGED BECAUSE OF YOUR INCREASED UNDERSTANDING OF GOD’S PERSPECTIVE OF YOUR BODY, HIS PURPOSES FOR IT, AND HOW YOUR BODY FUNCTIONS BEST?

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