



**BIBLICAL
PRESCRIPTIONS**
for **LIFE**

Leader Resources Guide
April 2016

Biblical Prescriptions for Life

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Biblical Prescriptions for Life

How to partner with your pastor

As a leader, you will have access to more resources including meeting space and the church's promotional energy if you partner with your pastor and church leadership. Here's how to bring Biblical Prescriptions for Life to your church.

1. Embrace your pastor's authority. Your pastor is your church's spiritual leader. He's responsible for the curriculum used in the congregation in his care.
2. There is no hidden agenda in Biblical Prescriptions for Life. This is straight-from-the Bible. It's non-denominational.
3. It follows Jesus' model for evangelism and Kingdom advancement. Nearly half of Jesus' outreach efforts as recorded in the Gospel of Luke were health-related. We're following His example.
4. It supports your pastor's vision to reach the community with the Gospel and growing a healthy, growing, vibrant church by improving the health of church members and reaching people outside the church who might not otherwise visit a small group Bible study.
5. Offer a free copy of Biblical Prescriptions for Life study to your pastor by emailing john@biblicalprescriptionsforlife.com. If your pastor has questions, encourage him to contact Dr. Marcum and our team to discuss the content or address concerns by emailing john@biblicalprescriptionsforlife.com.

How to promote your class

1. The best outreach is a non-judgmental, loving and growing person who is in a real relationship with God and who is already applying Biblical Prescriptions for Life in their own life with success.
2. Ask your pastor for permission to promote church-wide by as many of the following as he allows:
 - a. Promote from the pulpit
 - b. Insert a bulletin
 - c. Add Biblical Prescriptions for Life resources to your church's social media outreach
 - d. Play the promo video upfront on a Sunday morning
3. Reach your community by using the leader resources on www.biblicalprescriptionsforlife.com/leader

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How to prepare for your class

1. Choose a starting date, time and location that does not conflict with your church's schedule. Make this day and time the regular meeting time for each week's study small group. If outside your church, build a schedule that works for the people you're inviting.
2. Promote your Biblical Prescriptions for Life small group study. See Promotion Support on Page 6.
3. Ideal class size is between 10-12 students; you may need to invite more people to arrive at that final number of participants.
4. Ideal class length is between 75-90 minutes. Be courteous to your small group's hosts or child care providers if your church is providing child care.
5. Work through the Video Session before class.
6. Make sure the DVD and TV Monitor are connected and working.
7. Make sure refreshments are ready.
 - a. For the first meeting, prepare light and healthy snacks and fresh water for refreshments. Then at the beginning of the meeting, pass a signup sheet for volunteers for each following week.
 - b. At the end of each week's meeting, thank the volunteer who has committed to bring refreshments for the next meeting.
8. Review the class format, see below.

How to lead your class

1. Encourage every individual to bring their Biblical Prescriptions for Life study guide to each group meeting. There are many places to record insights for sharing with the group during group discussion and they will want to take notes during each of Dr. Marcum's video sessions.
2. Follow the class format for the first time you lead a 7-week Biblical Prescriptions for Life small group study. This is important because we grow in community and through biblical, non-judgmental group discovery. The small group format has been designed to promote group discovery and community building. Please trust us.
 - a. Don't be the "Biblical Prescriptions for Life Answer Person." Instead, ask questions to keep the conversation going and on track. The goal is for each individual to participate in discovery, not for you to share everything you know. We each learn more when we're actively, personally engaged in discovery and processing.
 - b. Refer to the Video Session answer key only when Dr. Marcum gave specific guidance, i.e., Dr. Marcum's recommended ounces of water intake each day. Otherwise, as long as the discussion is on-topic and the answers are correct in the spirit of the content, accept and encourage the class synthesis of the content.
 - c. If someone tries to dominate the class, thank them for their input and remind them that it's important for everyone to participate in the class.
 - d. If someone goes off-topic, re-gain direction by referring to the Biblical Prescriptions for Life discussion question at hand or proceeding to the next one. Offer to take a persistent or heavy question off-line and discuss after the class.
 - e. One of the best ways to regain direction in a small group is to simply ask, "what does the (question, Bible passage, workbook text) say?" This will refocus everyone on the content and minimize distractions or preempt hidden agendas.
 - f. Do not answer denominational doctrine questions. Instead, refer them to your pastor or other church leadership. Demonstrate love and not judgmentalism.

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How to build community

1. Make sure group members exchange contact information and that everyone has a Study Buddy. If someone is having difficulty making relationships, take the servant leadership position and enfold them—become their Study Buddy.
2. Lead by example. Make sure you're following each week's prompts to reach out to your Study Buddy, the rest of the small group and even your family and community as the study leads.
3. Help people who miss class by sharing the DVD so they can catch up.
4. Identify multipliers. People who...
 - a. Demonstrate effective, clear communication
 - b. Demonstrate loving, non-judgmental spiritual maturity
 - c. Demonstrate effective, nurturing leadership
 - d. Will stick to the context and the content and not get off topic or field hidden agendas
 - e. Are good leaders even though they may not be the most vocal person in the group
5. Give them an opportunity to lead the discussion on any of the weeks 3-6.
 - a. Got questions? Go to www.biblicalprescriptionsforlife.com/leader for a growing list of FAQs.

How to connect with Heartwise Ministries and Dr. Marcum

Email leaders@biblicalprescriptionsforlife.com

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Answer Key to Video Sessions

Please note—the goal is learning through discussion of Dr. Marcum’s teaching, not “getting it perfect.”

WEEK 1

1. Week 1—setting the stage for the 7-week study—this will take 15-20 minutes.
 - a. The content flow. In the small group, you are always closing the previous week (making it stick) through group discussion (what worked for them, aha moments, successes) and then kicking off the next week using the video. Obviously, for the first week, there is no review. So you need to set the stage.
 - b. Why you’re here. Share your personal motivation. Ask for volunteers who will share theirs.
 - c. Share the power of living in community and ask them to share and record each other’s contact info, main prayer requests and pair up as Study Buddies.
 - d. Share how they will study six days before the next meeting and then share their insights as a group in the next small group time.
 - a. Day 1—read the story, respond to the Video Guide and then do Day 1 Study.
 - b. Day 2-Day 7—do corresponding Day’s study.
2. The Big Ideas for Week 1
 - a. Stress causes chemical reactions in the body.
 - b. Acute stress helps avoid harm. Chronic stress damages the body at every level.
 - c. There may be hidden stressors in our life.
 - d. There is an owner's manual and Physician who will help with stress.
 - e. By coming to Him, He has promised the gift of rest to help us with stress.
3. Video Session 1 Answers

What is Dr. Marcum's definition of stress?
Anything that goes against our original design.

The three functional layers of the brain:

1. Reptilian brain
2. Mammalian brain
3. Pre-Frontal Cortex

What are some of the functions of each layer?

1. Reptilian- Keeps the body alive, sensations and basic functions like eating, reproducing, avoiding unpleasant stimuli.
2. Mammalian- Immune system, emotions, memories, relationships, fight or flight response.
3. Pre-Frontal cortex- Love, crafting a future, abstract thought, empathy, understanding metaphors, creativity

How do these areas affect your life?

The reptilian layer senses our environment and provides basic functions needed to stay alive. The mammalian layer is where our sense of danger arises, can comprehend the present, helps us with memories, immune system, and relationships. The pre-frontal cortex helps us comprehend a future, is where love exists. This part enables our complex thoughts and higher executive functions. This part can modulate our stress responses.

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Under stress the brain downshifts to feel safe and protect. To move toward the higher layers of the brain is termed upshifting.

Biblical Prescriptions for Life Week 1

1. Acknowledge God is control. He is the Ultimate Physician in your life. Psalm 46:10
2. We must participate with God. We must do something.
3. Receive the gift of rest, the physical, mental, and spiritual components of rest. Mathew 11:28.
4. ASK for the commitment to do the study. Ask them to contact you if they are going to miss a small group meeting so you can make alternate arrangements for video.

WEEK 2

1. Group Discussion of Application successes from Week 1
2. The Big Ideas for Week 2
 - a. Water is important for every chemical reaction in the body.
 - b. Most do not hydrate (drink) enough water to optimize the body.
 - c. Lack of water is a stressor.
 - d. Living Water will keep us from spiritual thirst and remind us of the importance of physical water.
3. Video Session 2 Answers

Level of activity- Are you active like Mark?

Dehydration symptoms- Are you tired, have a dry mouth or skin, fast heart rate, dizzy when standing, having headaches, or poor digestion?

Lifestyle choices- Are you making good choices? Do you think about how your choices change your health?

Function of water in the body:

Helps the metabolism of every cell in the body. This will help our brain to think, thins our blood, aiding in digestion, lubricating joints, aids muscle function, improves skin and is involved in all areas of the body.

The benefit will be better function at every level- more energy, better thinking, lower risk of heart attack, less inflammation, better digestion, improved kidney function, better metabolism and the list goes on.

Dehydration and consequences

Up to 5%- weakness, nausea, irritability, fatigue

Up to 10% dehydrated- headaches, dizziness, tingling

Up to 15%- vision changes, hearing impairment, delirium

Over 15%- Death

What can be our guideline for drinking water?

Take your weight divide in two. This is the number of ounces needed in a healthy person each day.

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200 pounds = 100 ounces = Five (5) large glasses or five (5) 20 ounce containers.
Or, drink till your urine becomes clear.

Remember vegetable and fruits also carry water.

WEEK 3

1. Group Discussion of Application successes from Week 2
2. The Big Ideas for Week 3
 - a. Light is the energy source for the world.
 - b. Sunlight is important for every cell of the body.
 - c. Sunlight help activate the pro-hormone Vitamin D which is essential for bodily functions.
 - d. Lack of sunlight is a stressor.
 - e. Our spiritual energy source is Christ, the Light of the world. The source of truth.
3. Video Session 3 Answers

Age- childbearing

Symptoms- not sleeping, unhappy, no energy

Lifestyle- not exercising, staying inside

Relationships- On a standstill

Cancer is the number one concern people have about sun exposure.

Science supports this if over exposed and unprotected.

Sunlight helps the function of the brain, bones, blood vessels, and immune system. Sunlight also help regulate the circadian rhythm. Serotonin helps moods, Vitamin D activation helps build stronger bones, lower blood pressure, activate macrophages and helps us to rest better.

Sunlight helps by activating the pro-hormone vitamin D which helps every cell of the body. New physiologic benefits of sunlight are being discovered.

How much sunlight exposure?

A guideline is 30 minutes three days a week. Turn pink but do not burn. Depending on your skin, some will need more, others less exposure.

What are simple ways you can start your day feeling more alert and energetic?

Drink water every morning and turn to the Living Water.

Get outside or take a Vitamin D supplement. Read what the Light of the World says.

Biblical Prescriptions for Week 3

1. Light changes every cell in your body.
2. Physical light should remind us of Spiritual Light.
3. God calls you into His Light through a relationship with Him.
4. Being in the Light changes our brain and worship.
5. We need the Light God gives. Light brings truth and freedom.
6. Sharing Light helps others.

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WEEK 4

1. Group Discussion of Application successes from Week 3
2. The Big Ideas for Week 4
 - a. We were designed to move.
 - b. Moving improves the physiology of every organ in the body.
 - c. Lack of movement is a stressor.
 - d. We were designed to walk with God.
3. Video Session 4 Answers

What's the number one concern you have in making movement part of your life?
Time? Hurting your body? Not knowing how or where to start? Medical problems?

Exposure to sunlight is responsible for several bodily functions. It helps immune system, promotes stronger bones, helps brain chemistry, and lowers blood pressure.

Now, how about movement.

Voluntary muscles are helped by movement. There is less inflammation, better mobility and blood supply. The muscles are stronger less likely for injury.

Heart muscle is helped by movement. The risk of heart attack is lower. Blood pressure is reduced. The lining of blood vessels are healthier. The heart has more elasticity.

The leanness of the body is improved by movement. There is less fat in the body. This helps the metabolism, lowers risk of diabetes, and puts less stress on the bones.

Movement helps lower the stress chemistry of the body. This improves moods, raises cognition and helps all the cells of the body by improving blood supply and metabolism.

How much and which type of movement should we get each day?
A goal is to move every part of the body every hour.

45 minutes of aerobic activity and 15 minutes of resistance training is advised each day. Begin with stretching.

Walking, stretching swimming, cycling, whatever movement you can perform w/o pain.

Move to the point you have a hard time maintaining a conversation.

Be creative.

I have patients in wheel chairs who practice deep breathing exercise and move whatever they can every hour for various repetitions and build as they go.

If you have medical issues check with your physician.

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WEEK 5

1. Group Discussion of Application successes from Week 4
2. The Big Ideas for Week 5
 - a. Nutrition can be used to prevent, treat, and reverse disease.
 - b. Poor nutrition can cause disease and accelerate aging.
 - c. The wrong nutrition can stress the body.
 - d. The Bread of Life can help us take steps to improve nutrition.
3. Video Session 5 Answers

The original diet was composed of plants.

This diet was designed for Adam, Eve and the animals.

Daniel and his friends saw a difference in their health in a few days.
They were ten times brighter after their time in Daniel 12:20.

The Israelites were in the desert and did not have a food supply.

The main source of energy comes from the sun. The sun via photosynthesis activates plant energy.

Poor food choices can stress the body.

The Biblical Prescription for week 5 is to eat more foods that grow. Try to find substitutes for processed foods.

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1. Identify and avoid stressors
2. Water
3. Light
4. Movement
5. Eat plants

WEEK 6

1. Group Discussion of Application successes from Week 5
2. The Big Ideas for Week 6
 - a. We are just beginning to learn about the many complexities of the brain.
 - b. Our "goal" is to use the "thinking" part of the brain using the "stress" part of the brain for true emergencies.
 - c. Most of the stress chemistry originates in the brain.
 - d. God wants to create in us a new "heart" (brain).
3. Video Session 6 Answers

Where do many symptoms originate? The brain

Does science support this? Yes

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Quickened heart rate
Shallow breathing
Perspiration
Jumbled thoughts

The stress chemistry was activated including epinephrine, cortisol, and the many inflammatory mediators.

Does stress in the mind stay in the mind? No

Is it possible for the brain to be stressed to a point of shutdown? Yes

Lower brain: senses the environment, preserves self, avoidance of pain, reproduction and food desires

Middle Brain: emotions, memory, immune system, relationships, emotions,

Upper Brain (pre-frontal cortex): love, sharing, abstract thought, creativity, crafting ideas, multi-tasking

Some Characteristics of Downshifting:

Selfishness, memory impaired, overly emotional, fearful, anxious, fast heart rate, increased blood pressure, fast and shallow breathing, cannot sleep, poor digestion, difficulty thinking, decisions are difficult to make.

Some characteristics of Upshifting:

Serving others, loving, altruistic, creative, happy, helpful, thoughtful, think about the future, multi-tasking, abstract thought

Biblical Prescriptions for Life Week 6

- 1, Be anxious about nothing- Philippians 4
2. Renew your mind. Be transformed - Romans 12
3. Get rid of obstacles keeping us from knowing God- 2 Corinthians 10
4. Live in Christ. Stay in a relationship with Him- Romans 8

WEEK 7

1. Group Discussion of Application successes from Week 6
2. The Big Ideas for Week 7
 - a. Science gives evidence that worship changes the physiology of the brain and entire body.
 - b. There are various manners to worship.
 - c. Worship is a gift.
 - d. We are designed to worship the true God.
3. Video Session 7 Answers

Teaching points of the video:

1. Worship changes the physiology of the body.
2. Worship can be used to treat and prevent medical conditions.
3. Worship helps lower the stress chemistry. We were designed to worship.
4. Worship can change our epigenetic and brain.

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OPTIONAL WEEK 8

1. Group Discussion of Application successes from Week 7
2. Celebration of God's Work in our lives
3. Planning the next study—using Biblical Prescriptions for Life to reach our community.

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Discussion & Small Group Format—approximately 1:15 – 1:30 minutes scheduled meeting time.

1. Welcome time (before official start time—encourage participants to arrive 10 minutes early).
2. Open with prayer.....2 minutes.
3. Group Discussion of Previous week’s Biblical Prescriptions for Life application.....20 minutes.
This works well when members each takes 2 minutes to share what they learned from the previous week’s study. (see special instructions for Week 1).
4. Watch Biblical Prescriptions for Life Video for the week.....20 minutes.
5. Group Discussion using the questions in the Study Guide using the starter questions as the Holy Spirit leads you.....20 minutes.
6. Connecting new people and affirming small group communication during the week.....5 minutes.
7. Closing housekeeping.....5 minutes.
8. Closing prayer.....2 minutes.

Promotional Support

COMING SOON and to be available at www.biblicalprescriptionsforlife.com/leader

- Downloadable PDF White paper for your pastor and ministry leadership team
- Downloadable PDF (fill in the blank) posters & bulletin inserts
- Downloadable PDF invitation cards
- Downloadable & taggable PSAs for local Radio promotion (when a free event)
- Downloadable Print Ad with Modifiable zone
- Downloadable video spot
- Downloadable Social Media resources
- Online request form to have Dr. Marcum join your local radio station for an on-air question and answer segment, answering health questions and promoting the event.

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Biblical Prescriptions for Life

Excerpt from *Biblical Prescriptions for Life*

Prologue

This study may launch you on one of the most significant journeys you've ever made. It's the path out of the ordinary, go-with-the-flow, hurried and harried quagmire of living, to a growing, thriving quality of life. If you're ready for a change then you're ready for this study. Ideally, you've found a small group of other people who are just as eager to start this journey with you.

Here are some very important things to consider—so important that we've put them here before you even get started.

1. **This course is simple, success-oriented, and sustainable.** The material is clear. The action steps are simple, success-oriented, scalable, and sustainable. You start where you are and end up where you want to be—living a healing lifestyle.
2. **The wellness plan in this study is not intended to replace the counsel of your primary care physician.** We encourage you to consult with a medical professional familiar with you before you begin any of the changes suggested in this course.
3. **You'll get more from this study if you do the work in the context of a community with regular time scheduled for face-to-face, life-on-life connection.** We were created for relationship and, as we'll learn later, relationship is a central component to whole-life wellness.
4. **You will get more from this study if you actually follow the plan.** Trust us, it's not overwhelming. In fact, more than 9 out of every 10 people who have completed this course have told us that they cannot imagine living any other way. They've discovered a wellness lifestyle they can actually live with!
5. **You will not be judged.** Success is taking the journey from wherever you start.
6. **Life is about direction, not perfection.** None of us will achieve perfection in this life. Striving for it creates its own set of pathologies—relationally and physiologically. Don't beat yourself up or set an unachievable goal. Instead, start *moving toward* whole-life wellness.
7. **You will experience lifelong transformation.** Whether you can barely walk across the room today or are training for your first 10k, you'll find clear, simple, and sustainable changes you can make right away to transform your wellness level; probably even transform your life.

I've written *Biblical Prescriptions for Life* using the Bible as the source of truth. To get the most from this study, we must agree on two very important things before we go any farther:

1. **If we're serious about learning from God and making sustainable change in our lives, we need to dig deep into what He's told us.** I want you to start reading with a purpose. One of the best ways for doing this is to mark key words from the Bible passages we'll examine and record everything you learn from them as you read. I want you to search through the Bible like you're looking for the clues for the whole-life healing God longs for us to discover. You will discover Biblical Prescriptions that will transform your health.
2. **I want you to realize—to believe—that you're hearing from a real person when you listen to God through His Word.** God is actually three persons: the Father, the Son and the Holy Spirit. The Holy Spirit opens our *understanding* to the Word of God. The Father *redeems* us through the perfect, *sacrificial work* of His Son Jesus. God is the Divine Trinity and He desires to enjoy a relationship with each and every one of us.

Biblical Prescriptions for Life

Before you begin your time studying *Biblical Prescriptions for Life* each day, ask God to lead you into all truth. You might pray like this: *“Father—thank you for wanting to speak to me today. I want to learn what you say about my health and relationship with you. Thank you Jesus, for making our relationship possible. And thank you, Holy Spirit for promising to lead me into all truth. Amen.”*

Are you ready? You’re probably more ready than you realize! Thousands of others have begun to experience a new path to lifelong, whole-life wellness that’s definitely more doable than you’ve ever expected. Let’s start the journey, moving one step at a time. It is perfectly acceptable to have fun during our journey together.

James Marcum, MD

Biblical Prescriptions for Life

My Biblical Prescriptions for Life

Use this page to keep a running list of the Biblical Prescriptions for Life you are adding into your new healthy lifestyle. As you complete each week of study, transfer the Biblical Prescriptions you plan to keep using to this list as your at-a-glance chart.

| I commit to | My Biblical Prescriptions for Life | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------|------------------------------------|-----|-----|-----|-----|-----|-----|-----|
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My Small Group Relationships

Life is meant to be lived in relationship. God designed us to heal in community. Use this chart to keep your Biblical Prescriptions for Life small group at the front of your mind.

| Name | The best way I can care for them | Mobile Number |
|------|----------------------------------|---------------|
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