



EXPLORE THE BIBLE.

Session 7: Wrestled

Suggested Week of Use: April 14, 2024

Core Passage: Genesis 32:22-32

News Story Summary

GLP-1 medications used to treat type 2 diabetes have been hailed recently as gamechangers in the treatment of obesity as well. Their potential for making an impact on weight loss have helped many users. However, health professionals also acknowledge significant weight loss may have unintended side effects related to emotional and psychological health. For example, while weight loss typically is associated with positive benefits like enhanced self-esteem, a sense of accomplishment, and feelings of empowerment, it does not always lead individuals to feel happier. Indeed, some experts suggest that a drastic shift in weight actually can disrupt or negatively affect mental health as individuals process accompanying changes in their appearance, wardrobe, and how others perceive them. In addition to grappling with being overweight, GLP-1 users also may worry about things like access to the drug or affordability. Depression and suicidal thoughts also have been reported by some patients.

For more about this story, search “emotional impacts of dramatic weight loss GLP-1 drugs.”

Engage

To supplement the Engage activities, share the information about the potential weight loss benefits for patients using GLP-1 medications for type 2 diabetes. Suggest that for people who have struggled with their weight, a GLP-1 medication may seem like a godsend, resulting in several positive outcomes. Ask: **Considering the risk factors, do you think the potential changes are worth it? Why or why not?** Discuss responses. Affirm that changes can be difficult because of the risks involved, even when our physical or emotional health isn't at stake. Explain that today's session identifies some changes Jacob made after an encounter with God. Point out that while he literally struggled with God, he discovered the spiritual transformation was greater than he could have imagined.

Challenge

To supplement the Challenge activities, lead the group to privately identify areas in their lives where they need change. Ask: **What are some practical ways to get ready for God's changes in our lives?** Record their responses on the board and challenge them to focus on at least one of these actions this week. Encourage adults to be honest with God about their desire for transformation and to celebrate His work in their lives as He changes them from the inside out.