

TAKE CARE OF YOUR BODY
1 Corinthians 6:19-20

Directions: These questions are designed to help you “dig deeper” into the sermon message and to apply its key points to your life and individually and with your group. It is suggested that the questions be reviewed by each participant prior to your discussion. It is also recommended that you maintain notes in a journal format to allow for review with each sermon and the total series.

Getting Started Questions:

1. How are you doing with honoring God with your body? What steps do you need take to move from dishonoring to honoring God with your body?
2. How much time do you spend in front of the mirror? At the gym? At salons? How can this be prideful? Alternatively, how could this time be used taking care of God’s temple/our body for His purposes?

Digging Deeper Questions:

3. **Pastor Dave’s first key point is** *Take care of your body, but don’t worship it.* Tim Keller defines idols as *good things that become ultimate things.* How can appearance & fitness easily become idols? How do we avoid this?
4. There are many incidents in Scripture where pride in physical beauty and strength are the downfall or *Achilles Heel* of individuals. Share verses and incidents that support this position. Also discuss parallel modern examples that reflect the timelessness of Scripture and human sinfulness.
5. We are constantly bombarded by media with deceptive images of heavily made-up and expensively dressed models and performers. How would you discuss these impossible standards with the target audience, young men and women based on the Proverbs below?
 - **Read Proverbs 31:30:** *“Charm is deceptive, and beauty is fleeting, but a woman who fears the Lord is to be praised.”*
 - **Read Proverbs 11:22** *“Like a gold ring in a pig’s snout is a beautiful woman who shows no discretion.”*
6. **Read 2 Corinthians 4: 16:** *“Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.”*
Sadly, our bodies are decaying. Why is it unwise to base our self-image on our physical appearance or capabilities? How are celebrities and athletes excellent examples? What are the frequent tragic outcomes when their careers are over?
7. **Read 1 Samuel 16:7:** *But the LORD said to Samuel, “Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart.”* How do we balance this verse with maintaining our bodies for God’s purposes?

Putting It into Practice:

8. Pastor Dave shared his personal example of being a lifelong runner until injuries forced him to stop. As we age, how can we better serve God in different or less physical ways than younger Christians?
9. How do the two verses below apply to illegal, addictive unhealthful behaviors such as smoking, drugs, or gluttony? How would you address them in yourself or other believers?

- **Read 1 Corinthians 6:19-20** “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰ you were bought at a price. Therefore, honor God with your bodies. You are not your own; you were bought at a price.”
- **Read 1 Corinthians 6:12:** “I have the right to do anything, you say—but not everything is beneficial. I have the right to do anything”—but I will not be mastered by anything. “

10. Romans 12:1 perfectly summarizes the message:

Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

God has provided us with our bodies to serve and worship Him every day of our lives. After reflecting on this week’s message, what changes can you make to serve and worship him in a better way? Be specific!