

Weekly Discussion Guide – 1-4-2024

“Good and God’s”
1 Corinthians 6:12-13, 18-20

1. How is it with your body?
2. What reaction (feelings, thoughts, hesitations) do you have when you hear that “your body is good and your body is God’s?”
3. What messages does culture tell us about our bodies?
4. Pastor Hunter referenced 1 Corinthians 15, Paul’s climactic end of his letter to the Corinthians. Read 1 Corinthians 15:35-44. How does Christ’s resurrection and our future resurrection give hope for the redemption of our world, including our bodies?
5. In Deuteronomy 6:5, the word “strength” can be translated “power.” How can you love the Lord with the power and influence you have?
6. In which sphere of our life—heart, soul, mind, or body—is it easiest for you to make small changes?
7. What are the healthiest habits you have to take care of your body as a temple of the Holy Spirit? What habits do you have that aren’t “beneficial” for your body?