

DISCUSSION GUIDE

TAKING CARE OF YOUR BODY
Take Care — Week 2

ICEBREAKER: What's the difference between being moral and being spiritual?

OVERVIEW: In order to take care of ourselves, we must give attention to our bodies. But health and fitness is a sore subject. Healthy eating can be a drag, and exercising can literally leave you feeling sore all over your body. Is it really necessary for Christians to care for their bodies? Does God even care? Aren't there bigger, more important issues for Christians to focus on? In this discussion we will go deeper with both the why and the how to take care of our bodies.

1. What insight, principle, or observation from this weekend's message did you find to be the most helpful, eye-opening, or troubling? Explain. (Or what was your key takeaway from Sunday's message?)
2. A study from Purdue University found that religious people are more likely to be overweight than nonreligious people. Of all religious groups, Baptists are by far the heaviest, with a 30% obesity rate. 80% of church leaders are overweight. Why do American Christians struggle so much with health and fitness?
3. Read 1 Corinthians 6:19-20. What does this passage teach about our bodies?
4. In light of 1 Corinthians 6:19-20, how should Christians think about health and fitness?

5. Some Christians believe that health and fitness have nothing to do with spirituality. How does your physical health impact you spiritually, physically, emotionally, financially, and relationally?
6. Why is it important for Christians to take care of their bodies?
7. How does your physical health impact your ability to serve God and resist temptation?
8. How does your physical health impact your ability to glorify God?
9. What are the essential choices that a person must make for a healthier body?
10. Of the "seven choices for a healthier body" mentioned in the sermon, which one(s) do you need to work on the most?

The Last Word: "Passion for God's house will consume me." John 2:17 (NLT)