

DISCUSSION GUIDE

Body For God Stand-alone Sermon

ICEBREAKER: What's your favorite kind of candy?

OVERVIEW: There is no explicit command in the Bible to maintain a healthy body, and unfortunately many Christians take that to mean that it's not important to God. But that's not the case. God wants us to maintain a healthy body. A fully devoted Christ follower is committed not only to spiritual health, but to physical health as well. In this discussion we will make this sermon personal and discuss the changes that we need to make to better honor God with 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. Read 1 Thessalonians 5:23?
 - What does "sanctify" mean?
 - Notice the word "completely." And in some Bible translations (ESV, NLT, NIV), the word "whole" is used as well. How do these two words impact the way you think about managing your physical health as a Christian?
 - Are there any changes you need to make to move closer to spirit/soul/body blamelessness? Explain.
3. Why is it important for a Christ-follower to maintain a healthy body?

4. How does maintaining a healthy body make you more useful to God?
5. In the sermon Pastor Andy mentioned two of Lydia's motivations for staying healthy. First, if she has a heart attack, she doesn't want it to be due to poor health choices. And second, if she ever gets a serious illness, such as cancer, she wants her body to be as strong as possible to be able to put up a good fight. What are your biggest motivations for maintaining a healthy body, and are they godly motivations?
6. On a scale of 1-10, how well are you doing at maintaining a healthy body? Explain.
7. What changes do you need to make to get healthier?
8. What makes maintaining a healthy body difficult for you, and what specific steps can you take to overcome these challenges?

The Last Word: "We cannot have total heart health if we focus only on the biological heart and ignore the spiritual. But true spirituality means accepting the stewardship of the physical heart God has given us as well."
Dr. Ed Young, Second Baptist Church, Houston