

In Progress: Spirit, Soul & Body - The Body -

Three Ways I Honor God with my body, God's Temple

1. What I take into God's Temple
2. How I take care of God's Temple
3. What I do with God's Temple

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago."
Ephesians 2:10.

Memory Verse: Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.

1 Corinthians 6:19-20

1. What I take into my body, God's temple, matters to God and to me. *1 Thessalonians 5:23; Romans 12:1; 2 Corinthians 5:1-5; 1 Timothy 4:4-5; Daniel 1:8*

2. How I take care of my body, God's temple, matters to God and me. *1 Corinthians 9:27*

3. What I do with my body, God's temple, matters to God and me.

Galatians 5:13-14; Matthew 20:28

Next week's reading guide:

Lust of the Flesh - Desire to be Filled

Psalm 63:1-8

Genesis 3:1-9

John 4:1-26

1 Corinthians 10:14-33

Mark 7:14-23

1 John 2:15-17

Matthew 5:27-30

1 Corinthians 6:12-20

Discussion Questions:

1. Share about what you take into your body. Be honest about your eating patterns. What is good about your patterns? What is not so good? What does your "fat Friday" look like?
2. Share about your exercise routine. What do you like about it? What would you like to add?
3. Share about your rest patterns. What do you do for relaxation and fun? What would you like to do more of?
4. Share about how you use your body for Christ's glory. How do you serve people? What new area could you enjoy serving in?