

Management that Matters: Every Body Has a Story

1 Corinthians 6:12-20
Small Group Discussion

Opening question (this question is designed to get everyone involved in discussion)

- Share about a time when you broke a bone or had to get a wound stitched.

Read 1 Corinthians 6:12-20, then discuss the following.

When the Apostle Paul talks about the use of our bodies, he grounds his arguments in five compelling principles. They are stated below, with questions for discussion.

1. Your body was made for a positive purpose (v. 13)
 - How does this concept compare with the way that many of us view our bodies?
 - What does it mean that “the body [is meant] for the Lord?”
2. Your body will live forever (v. 14)
 - What is the connection between the resurrection of Jesus’ body and the resurrection of our bodies?
 - How does this point relate to how we treat our bodies now?
3. Your body is part of Jesus’ body (v. 15)
 - Why does Paul state this fact in relationship to sexual immorality here?
 - How might you view your use of your body differently if you realized that you bring Jesus into every activity in which you participate?
4. Your body is the house of God
 - Have a few people share about sacred physical spaces where they have been. What made those places so special?
 - Why is it so significant that God considers our bodies as his temple?
 - How does this fact impact the way we treat our bodies now?
5. Jesus purchased every part of you
 - What does it say about your value that Jesus was willing to purchase you at the cost of his life?
 - How does this fact impact the way you view and use your body?

Practical application:

- Paul states the practical outworking of these five principles in the last sentence of the chapter. How would you re-state this command in your own words?
- In Romans 6:13, Paul says the following: “Offer yourselves to God as those who have been brought from death to life; and offer *every part of yourself* [every body part] to him as an instrument of righteousness.” What might this look like in your life?
- Aside from what Josh said Sunday, what are some other positive ways that you can honor God with your body?

- With regard to the three following areas of caring for your body, how strategic are you being in each of these? Which ones need some adjustment? Take some time to share how you are doing in these areas.
 - Receive the gift of nourishing food
 - Incorporate regular exercise
 - Receive the gift of rest
- Ken Shigematsu writes, in *God in My Everything*, “Exercise can give us a sense of joy and lead us into a more prayerful space. It clears our minds and our spirits in ways that cause us to be more present to God and others.” How have you experienced this to be true?
- This week’s focal point was, **“Your body is an awesome gift to you, for you to offer back to God.”** How easy or difficult is it for you to accept this idea? How do you tend to see your body in relation to God?

Share and Pray

- Share your needs with one another and pray for them specifically.
- If you feel comfortable doing so, “offer up” your body to God in prayer, for his purposes.