

Your Body Matters Small Group Guide

Warm-up Question: (Choose one, make up your own, or skip this part all together, depending upon the nature of your group.)

1. When you were growing up, was your family comfortable with physical affection? Explain.
2. If you could change your height, would you?

Read the following passage: 1 Corinthians 6:12-20.

Our culture can't quite figure out what to do with the body. Sometimes we worship it. Other times we despise it. We're not sure how to think about a wide range of topics related to the body including sex, gender, identity, the afterlife, and abortion. Contrary to what many people assume, the Bible has a lot to say about the importance of the body both in the present and in the future. If we're going to walk in the fullness of life that Jesus desires for us, we need to embrace a biblical perspective on the body.

Questions for Discussion (Choose several that are relevant for your group):

1. Read Psalm 139:13-17. What is one thing about the human body that amazes you?
2. Read Romans 8:22-23. What is one thing about the body that causes difficulty for you?
3. Consider the following quote from the book *Love Thy Body* by Nancy Pearcey.

In every decision we make, we are not just deciding what we want to do. We are expressing our view of the purpose of human life.

What does this statement mean and how does it relate to issues connected to the human body? When you think about how our culture approaches subjects like exercise, food, relationships, sex, clothing, childbearing, and social media, to name a few, what are some perspectives on the human body that may be lying beneath some of the decisions we make?

4. Have the Scriptures influenced your own perspective on topics related to the human body? Explain. Do you believe the Scriptures are relevant and carry God's authority in our present cultural context?
5. Read 1 Corinthians 6:13-14. What did the Corinthians believe about the future of the body? What was Paul's response? What is your understanding of the nature of human existence after physical death?
6. Read Psalm 32. The Scriptures often affirm that our physical life, our emotional life, and our spiritual life are interconnected. What are some ways you see these various

aspects of our personhood impacting each other?

7. Paul instructs the Corinthians to “honor God with your bodies.” What are some ways we can practically do this?

Pray