



Sermon Discussion Guide

Your Body is For the Lord and the Lord is For Your Body

Tim Knipp
January 8th, 2023

Leader Preparation

1. Take some time to look over these questions ahead of time. Choose the ones that you want to make sure you cover with your group. We have highlighted what we think are **key ideas/questions by bolding them.**
2. Pray for your group and your time together as you prepare. This is so helpful!
3. When meeting online you as the leader will need to be more directive than in person. Don't be afraid to invite everyone to answer a question, invite them to share by name, and thank them when they finish. The online format requires a little more intentional orchestrating than an in-person group.
4. Try to start the gathering by getting everyone talking at least once to begin. The Hook section is great for this. When in doubt, have people share stories about their past. (How the week was, favorite memories about the topic for the day, etc). This is a great way to help your group continue to get to know one another.
5. Next, look at the Scripture and what it means. We believe Jesus is discipling people through this Word. Get people into the Scriptures and the Scriptures into people!
6. Finally, end with what God is saying to people and how God is inviting them to respond. These aren't just ideas to know but realities to live in!



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Hook - Getting to know one another

- How was Christmas and New Year's for everyone?
- What was one time when you experienced your body as a gift, and source of great joy? What really stands out from that experience?
- What was one moment when your relationship with your body was strange and difficult? What stands out from that experience?

Book - Scripture

- Read the scripture passages and discuss to understand **what the text is saying**:
 - **Read Genesis 1:26-28 and Genesis 2:5-7**
 - What actions does God take in these passages? (Make a list)
 - What can you say about God from these passages? (Make a list)
 - What can you say about humans as embodied from these passages? (Make a list)
- In Genesis 2:7, note the connection between the Hebrew words for man (*adam*) and ground (*adamah*). What does this reveal about us and our embodied lives?
- **Read 1 Corinthians 6:13 - 14, 19 - 20**
- How does Paul describe the connection between Jesus and our bodies? Between the Holy Spirit and our bodies?
- What does this say about how God views our bodies?
- **Read 1 Corinthians 6:20 and Romans 12:1**
- What do these texts teach about what it means to walk with God?



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- Note how much these texts emphasize following God with our bodies.
- How did the life of Jesus provide a model of how to live into this call?

Look - Connections to our world today

- This section focuses on implications about **what this text means** about what's wrong in the world, about trusting God, about who God is, etc.
- What do these passages show about God's heart for you as an embodied being?
 - Why are our bodies so important to God?
- How is the view in these Scripture Good News to our world? How does it challenge our world?
- When have you seen someone live out the challenge of Romans 12:1 (offer up their bodies to God in profound way)?
- If someone deeply lived out the truth that everyone was an ensouled body made in the image of God, what might that look like?
 - How would affect what they watch?
 - What they volunteer for and give to?
 - How they relate to members of the same sex?
 - How they relate to members of the opposite sex?
- If someone deeply believed "their body is for the Lord and the Lord is for their body" what might that look like?
 - How would show up in their self talk?
 - In how they treated their bodies?
 - In how they used their energy?
 - In how they view other people's bodies?
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Took - Personal Application

- This application focuses on **how God is calling us to respond**. This could be personally, as a family, small group, or church. It could be something to believe, to meditate on, to say or do this week.
- Are there places where your relationship with your body needs mending or repair? Take time to lift those in prayer.
- As you go through life in the week ahead, what is one way you can intentionally offer your body as a living sacrifice?
- Tim mentioned several ways our bodies can be experienced as a gift (*Cooking, making, building, crafting, sailing, hiking, digging, gardening... playing sports and wrestling, holding hands, hugging, kissing, eating, sweating, breathing, drinking... just to name a few*). Choose one physical action that you are especially grateful for. Every time you experience this action, let it bring you back to reflection and gratitude for your embodied-ness.

Time of Prayer