

# DISCUSSION GUIDE

JAN. 18/19 | THE STRUGGLE IS REAL | PHYSICAL HEALTH

## FOR STARTERS

1. Looking back at your notes from this week's teaching, was there anything that particularly caught your attention, challenged you or raised questions?
2. Discuss the cultural norms or assumptions today that make it hard to think positively about our physical bodies. Which ones are more challenging for you?

## DIGGING IN

1. Skim Exodus 40, looking for how God's people prepared the tabernacle (tent) and then note how God entered the temple and guided the people (vv 34-38). What stands out for you?
2. Read 2 Chronicles 5 to see how God's people prepared the temple and how God blessed it with His presence. Again, what stands out?

*In Ezekiel 10, because of their disobedience, God withdrew from the temple and His people. The next time we read of God's glory is in John 1:14, where we are told that Jesus took on a human body and dwelled (literally tabernacled) with us and we have beheld His glory. Jesus teaches us that He is the Temple, the very presence of God, our mediator before God.*

3. Read 1 Corinthians 6:19-20. What does it mean that we are the temple of God? Now, what does it mean to honor Him with our body in 1 Corinthians 6? Look up the following verses:
  - Romans 12:1-2
  - 1 Thessalonians 4:4-7
  - Ephesians 5:18
  - 1 Corinthians 9:27
  - Mark 12:30 (notice that loving God involves our body!)
4. What do we know about Jesus' resurrection body—our new bodies? Look up John 20:19-20, 21:12-14, see also Revelation 21:4.

## BRINGING IT HOME

1. Where is your struggle when it comes to your physical health?
2. What was your "aha" moment this week and what is God asking you to do to honor Him with your body?
3. Neglect and lack of discipline often destroys the best things in life. As we bring God's grace and the power of the Holy Spirit (including self-control), how could things be different?
4. Meditate again on Christ taking on human flesh. What would we be missing if He had not come in a body?