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## Week 5: Physical Body

**Discussion Overview:** We have been talking about different parts of our lives that God has given us to manage, and one very important part is our physical body. God has given each of us a body that He intentionally designed and crafted. The Bible says that God knits us together in our mother's womb. He also gives clear instructions in His word for how to take care of our bodies, and how to use them to bring Him honor. It might seem odd to think about yourself as a manager of your body instead of the owner of your body, but the truth is God is the owner of your body because He created it. Just like the other areas of life we manage, what we do with our bodies can either bring honor and glory to God or can distract from Him and lead us and others to sin.

**Key Scripture** Genesis 1:26-27, Psalm 139:13-14, Romans 12:1-2, Ephesians 2:10, 1 Corinthians 6:12-20, 2 Corinthians 5:1-10

### Getting Started

- What are common tasks we use our body for every day?
- What are ways that you take care of your body?
- What are ways you need to take care of your body better?

**Pro Tip for Leaders:** One of the most common warnings in Scripture concerning the physical body is a warning against sexual immorality. Depending on the dynamic and maturity of your group you have the freedom to address that or not. I would recommend 1 Corinthians 6:12-20 as the passage to walk through if you choose to have that conversation.

### Digging Deeper

- Read Genesis 1:26-27. From this verse, why is it important to manage our bodies well?
- Read Romans 12:1-2.
  - What does 'living sacrifice' mean?
  - What does it look like to offer our bodies as a living sacrifice?
- Read 1 Corinthians 6:19-20.
  - What is a temple?
  - What does it mean when it says that our bodies are temples of the Holy Spirit?
  - Why should that change the way we treat and use our bodies?
- Knowing that God is the owner of our bodies should change how we treat and use them ...
  - What do you need to change in your daily routine to be a better steward/manager of your body?