

GETTING A GRIP ON YOUR BODY

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1. See _____ as _____.

- Man is _____ by God's _____.
Genesis 2:7--...God formed the man from the dust of the ground...
- God _____ about our physical _____.
Matthew 6:25-30--...Look at the birds of the air...your heavenly Father feeds them...
- God chose to have his son come to us in a _____.
Philippians 2:6-8--...taking the very nature of a servant, being made in human likeness...
- Our body is the _____ of the _____.
1 Corinthians 6:19--...your body is a temple of the Holy Spirit, who is in you...
- We are to _____ God with our _____.
Romans 12:1,2--...offer your bodies as living sacrifices...this is your spiritual act of worship...
- Our bodies will be _____.
1 Corinthians 15:42-44--...So will it be with the resurrection of the dead...it is raised imperishable...

2. See _____ as _____.

Romans 12:1,2-- *Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

1 Corinthians 6:19,20-- *Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.*

3. See _____ as _____.

1 Corinthians 9:24-27-- *Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.*

4. See _____ as _____.

- It's God's _____.
Proverbs 5:15-19(LB)-- *Drink from your own well, my son - be faithful and true to your wife. Why should you beget children with women of the street? Why share your children with those outside your home? Let your manhood be a blessing; rejoice in the wife of your youth. Let her charms and tender embrace satisfy you. Let her love alone fill you with delight.* (See also Song of Solomon)
- It's meant for _____ only.
Hebrews 13:4-- *Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.*
1 Thessalonians 4:1-7--...*It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God; and that in this matter no one should wrong his brother or take advantage of him...*
- _____ and _____; one _____ and one _____.
Genesis 2:21-24--...*For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh.*
Romans 1:24-27--...*In the same way the men also abandoned natural relations with women and were inflamed with lust for one another. Men committed indecent acts with other men, and received in themselves the due penalty for their perversion.*

Small Group Discussion Questions

1. Does God care about our physical bodies or only our spiritual lives?
2. Review the points and Bible verses from this lesson. What personal application can you make from this week's teaching?
3. What is one health related goal you feel God would have you focus on this year?
4. Take some time right now to pray for the needs of those in your small group.