

'Transformed: How God Changes Us' | Study Guide

WEEK 2: PHYSICAL HEALTH

Key Verse: "You do not belong to yourself, for God bought you with a high price. So you must honor God with your body." - *1 Corinthians 6:19-20*

Discuss: What stood out to you from Sunday's sermon?

Watch: Video introduction by Pastor Jesse

Recap the "6 Truths of Physical Health" from Sunday's sermon:

1. My body is God's property. (Psalm 139:13)
2. Jesus bought my body on the cross. (1 Cor. 6:19-20)
3. My body is connected to the body of Christ. (1 Cor. 6:15)
4. The Holy Spirit lives in my body. (1Cor. 3:16-17, 6:19)
5. My body will be resurrected after I die. (1 Cor. 6:14)
6. God expects me to manage my body. (1 Cor. 6:12)

Discussion questions for encouraging one another: (If your group is large, please break people up into groups of 4 or less.)

- ❖ "God wants you to be physically healthy so that you can accomplish great things for his kingdom." How does that fact affect the way you think about your physical health? What do you think about the idea that taking care of your physical body is an act of worship? Why do you think most Christians tend to put more emphasis on their spirit or mind as opposed to taking care of their bodies?

Discussion questions for challenging one another:

- ❖ Which of the 'truths' listed do you most struggle to believe? What is the lie you have believed? What is one habit you need to stop doing to honor God with your body? What is one habit you need to start doing to honor God with your body?

Closing prayer:

Ask God to show you the habits he wants you to develop in order to honor God with your body and ask him to give you the strength and mindset to develop and keep those habits.

'Transformed: How God Changes Us' | Daily Devotional

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Daily readings:

- ❖ Day 1 – Read Luke 10:25-37
- ❖ Day 2 – Read Mark 14:12-42
- ❖ Day 3 – Read 1 Corinthians 9:19-27; 10:1-13
- ❖ Day 4 – Read 2 Corinthians 5:1-21
- ❖ Day 5 – Read Proverbs 3:1-8; 4:20-27; 14:30

Reflect:

- ❖ What does the passage reveal about God's heart?
- ❖ What can you relate to in this passage?
- ❖ Where do you see 'transformation' in this passage?
- ❖ What do you think God wants you to believe about Him after reading this passage?

What first step are you taking to implement the habit you want to begin to improve your physical health? Who will you connect with to establish accountability for this new habit?

❖ _____

Write a prayer to God to help you in your physical health:

❖ _____

