

Prayer Concerns:

Fitness

Resetting the way we view our body

1 Timothy 4:3-8; 1 Corinthians 6:19-20

Cultural Changes in fitness

Fitness Distortions (1 Timothy 4:3-8)

Distortion #1: Gnostic super-spirituality – The care of our bodies is of _____.

Distortion #2: Body-image idolatry – The care of our bodies is of _____.

Honoring God with our bodies (1 Corinthians 6:19-20)

1. Our body is the _____ of the _____. (vs. 19a)
2. We are _____ of the _____. (vs. 19b)
3. Jesus _____ our _____. (vs. 20a)
4. _____ God with our bodies is a _____. (vs. 20b)

We honor God by:

Giving _____ to what we put into our bodies.

Engaging in _____.

Personal Study/Growth Group Discussion Questions

Getting Started:

1. What is the best thing you've done for your health?

Digging Deeper:

Read 1 Timothy 4:3-8

1. What do the teachings of verse 3 imply about these teachers' views of spirituality? How does verse 4 correct their false teaching? What are the limits to the "freedom principle" of verses 4-5?
2. In verses 8&9 Paul speaks about physical and spiritual training. Which has taken priority in your life? In what ways does your life reflect Paul's conclusion? In what ways do you need to grow?

Read 1 Corinthians 6:19-20

3. Considering the temple, read 1 Kings 6:7, 14-22, 38. How does the specifications given by God in building his temple influence the way you see your body as the place which houses His Spirit? How does stewardship play into this?

4. As human beings created with a mind, spirit, soul, and body, how does the way that you treat your body influence the other parts of your being? In what ways has your mind, soul, and spirit grown in health as your body has grown in health, or vice versa?

5. 1 Corinthians 6 ends with a command to honor God with our bodies. How does following this command enhance your ability to serve your family, workplace, neighborhood, church, and our God more fully?

Taking it Home:

1. In her book *Are you OK?*, Debra Fileta says, "Our personal health and development impacts absolutely everything. It impacts the quality of our life, it impacts our relationships, it impacts our marriages, it impacts our families, it impacts our ministries, and most importantly, it impacts our callings." Take a moment to journal your thoughts on this statement.
2. As you take inventory of your physical health, what is one step you can take this week to grow in the way that you treat your body to better honor the Lord? Create a plan to put this into action.