

We Will Thrive

When We Treat Our Bodies As God's Temple (Week 5)

LifeNotes

TALK IT OVER

Main Idea

We will thrive when we treat our bodies as God's temple.

Key Scriptures

Do you know know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought with a price. Therefore honor God with your bodies.

1 Corinthians 6:19-20

What our bodies consume has lasting impacts on our souls.

Lessons from the temple:

1. Guard the entrance.

Above all else, guard your heart, for everything you do flows from it.
Proverbs 4:23

2. Use it wisely.

So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.

1 Corinthians 9:26-27

3. Give it a break.

This is what the Sovereign Lord, the Holy One of Israel, says: "Only in returning to me and resting in me will you be saved. In quietness and confidence is your strength. But you would have none of it."
Isaiah 30:15

Start talking.

- What are examples of living like our physical doesn't impact our spiritual?
- Why do we often like to separate the two?

Start thinking.

- Read 1 Corinthians 6:19-20. How did the temple in Jerusalem form the centerpiece of Jewish personal and national identity?
- How would this statement have been received by an observant Jew?
- Where does God's Spirit now reside?
- What price was paid? What does that price say about your value?

Start sharing.

- How has separating the physical from the spiritual been an obstacle in your life?
- Jesus purchased all of us (body and soul) with His death and resurrection. Our bodies are no longer our own. How does this idea shift things in you?

Start doing.

- Read Proverbs 4:23. How can you apply that practically to your Heart, Head, and Hunger?
- Read 1 Corinthians 9:26-27. Why does Paul train his body? What one change will you make to better use your body wisely?
- Read Isaiah 30:15. How will you embrace the discipline of rest this week?

Closing prayer.

Jesus I praise you! You alone are King of kings, and Lord of lords. I confess that I often live as though my body and soul are separate. Thank you that your Spirit now resides in me. Help me to develop better habits and disciplines to honor you and the body you have given me. I want all of me, to be used for all of your will, to your glory.