

Week of September 22, 2024

Speaker: Mark Delaney

Our Physical Health & Worship



## Icebreaker



- If you could go back to any age physically, which would you choose and what would you do differently?
- If you could instantly master any physical skill or sport, what would it be and why?
- What's the most unusual health advice you've ever received?



## Discussion Questions



- Read Romans 12:1: How does offering our bodies as living sacrifices apply to our physical health? What does that look like practically in your life?
- What are some ways we can shift our mindset to see our bodies as tools for God's purpose rather than for pleasure or appearance?
- Reflecting on 1 Thessalonians 5:23, what does it mean to you to honor God with your whole being—spirit, soul, and body? How can we be more intentional about the physical part of that equation?
- Moderation was a key point in the sermon. What's an area of your physical life (eating, exercise, rest) where you struggle with moderation? How can you invite God into that struggle?
- Paul says, "I will not be mastered by anything" (1 Corinthians 6:12). Is there something in your life (food, drinks, habits) that may be mastering you? What step can you take to surrender that to God?
- The idea of "training with purpose" was emphasized, how can we apply this principle not just to our fitness but to our spiritual life? What are some practical ways we can train both physically and spiritually for God's calling?
- What are some ways you can physically serve and be the "hands and feet" of Jesus in your community or church this week?



## Thought for the Group



Our bodies are not just tools for pleasure or comfort. They are vehicles for God's purpose. How we treat and care for them matters to Him. This isn't about achieving a certain appearance or chasing the body we had at 20. It's about stewardship—honoring the gift of our bodies by taking care of them in ways that glorify God.

We live in a world full of excess, whether it's food, drink, or unhealthy habits. But the Bible calls us to practice moderation. In 1 Corinthians 6:12, Paul says, "I will not be mastered by anything." We're free to enjoy what God has given us, but we must be careful that we're not letting anything control or master us.

Exercise isn't just about looking good—it's about staying healthy and ready for God's purposes. Whether it's a simple walk or stretching during the day, movement is a way to worship God with our bodies. Let's not just move for the sake of moving, but train with intention, knowing that our physical health impacts how effectively we can serve God and others.

One of the most powerful ways we can honor God with our bodies is through service. Whether it's helping a neighbor, participating in community projects, or simply showing up for others, we worship God with our hands and feet when we use them to serve. Our physical actions are a reflection of the love of Christ in us.



## Next Steps



- Decide this week to start 1 small thing and to give up 1 small thing that will help you physically.
- Incorporate at least 20 minutes of "move with purpose" into your day—whether it's walking, stretching, or light exercise. Use this time not only for physical health but also to focus on God, by meditating on Scripture or praying as you move.