



## THE WIN

The group member will grow in his understanding of stewardship and develop an initial plan to utilize his body for the glory of God.

3-5  
minutes

### SERMON RECAP: WHAT DID THE TEXT MEAN? WHAT DOES IT MEAN?

#### SAY THIS:

We learned this week that physical fitness has a definite place in our lives as Christians. Everything we have is a gift from God, including our bodies. Physical fitness is a tool to steward our bodies well, leading to greater purity and productivity. But, if our motivations for physical exercise are not rooted in Godly exercise, we can end up idolizing fitness rather than using it for God's glory.

What did you learn from today's sermon that you want to share with the group?

3-5  
minutes

## WARM UP

#### SAY THIS:

The human body is absolutely amazing! Listen to some of these amazing facts:

- Each one of you has a unique "tongue print" similar to a fingerprint.
- You shed about 600,000 particles of skin every hour (105 pounds of skin by age 70)
- Your nose can remember 50,000 different scents
- Your feet have 500,000 sweat glands and can produce more than a pint of sweat per day. Gross!
- The air from one of your sneezes travels at 100 miles per hour or more
- You have 60,000 miles worth of blood vessels in your body and your heart pumps about 2,000 gallons of blood through them every day
- The average person produces up to 25,000 quarts of spit in their lifetime- enough to fill two swimming pools!
- You can go without eating for weeks without succumbing to death, but eleven days is tops for going without sleep without dying.

If you could describe your body with one word, what would it be?

## THE TEXT: WHAT DOES IT MEAN FOR ME?

### SAY THIS:

When we think about training our bodies physically, there are two major traps we all can fall into: Apathy and Overkill.

### READ THIS:

The Trap of Apathy

Here are some recent statistics from [www.fitness.gov](http://www.fitness.gov):

Only one in three children are physically active every day.

Less than 5% of adults participate in 30 minutes of physical activity each day; only one in three adults receive the recommended amount of physical activity each week.

Children now spend more than seven and a half hours a day in front of a screen (e.g., TV, videogames, computer)

Prevalence of obesity for children ages 6 to 11 years – quadrupled

- Early 1970s: 4%
- 2007-08: 20%

Prevalence of obesity for children ages 12 to 19 years – tripled

- Early 1970s: 6%
- 2007-08: 18%

Percentage of obese adults – doubled

- Early 1970s: 15%
- 2007-08: 34%

Read **Exodus 25:1-9** as a group. After being redeemed from slavery in Egypt, God gave intricate instructions to Moses on how to build a tabernacle, or "sanctuary", out of the finest materials.

### ASK THIS:

What is the purpose of the sanctuary? (v. 18)

What type of care does God require in building the tabernacle? (v. 19)

**Now read 1 Corinthians 6:19a.** What does v.19a say about your body?

In the new covenant, your body is the "sanctuary" or "dwelling place" for the Holy Spirit. What an astounding privilege! If God would place His Spirit in your body, what does that say about the value of your body?

Do you struggle with apathy in regards to physical fitness? If so, why do you think that might be?

### SAY THIS:

The Trap of Overkill

Although taking care of our bodies is honoring to God, a healthy thing can easily become dangerous if we are not careful. In fact, the essence of sin is taking "good" things and making them "the main thing". This is what the Bible calls idolatry. An idol can be defined as "an object of extreme devotion" according to Merriam Webster.

**Read Exodus 20:3-6.** What does God say about other objects of extreme devotion?

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If you were to take inventory of your time over the past week, how much time did you spend on exercising physically? How much time did you spend in communion with God in spiritual exercise? (Listening to God from His Word, Talking to God in prayer, etc.)

If you were forced to stop working out for the next month, what would you be most concerned about?

- Loss of energy/performance
- Impact on long-term health
- Weight gain
- Other

One of the primary motivators for exercise is to gain or maintain a desirable body image. However, God is much more concerned with our hearts than with our physical appearance.

### **Read 1 Samuel 16:7**

If this is true about God, how should it affect your motivation for physical fitness?

#### **WATCH THIS:**

Watch and discuss the following 4-minute video clip:

<https://www.youtube.com/watch?v=f0tEcxLDDd4>

What can we learn from this video?

### **Now read 1 Corinthians 6:19b-20.**

Who owns your body? What is the price that God has purchased your body with? In light of this price, is there any reason not to be secure with how God made you?

5-10  
minutes

## **DIGGING DEEPER**

#### **SAY THIS:**

In v. 20, we are given a command that shows us the way to avoid the two pitfalls. "Glorify God with your body."

#### **DO THIS:**

Divide up into two groups: Group members who are most prone to Apathy should be in Group 1. Group members who are prone to Overkill should be in Group 2.

Ask each group to come up with a plan on how they can best glorify God with their bodies through a healthy relationship with physical fitness. Then have a representative from each group to present their plan to the larger group. Ask each member to choose an accountability partner who will call or text them this week to ask how they're doing with their plan.

## **CLOSING THOUGHT**

Close the session in prayer for each other.

Father, you have given us amazing bodies that have real value. We are created in your image and our bodies are the temples where you have chosen to dwell within us through your Spirit. Search us to examine our hearts and motives. If we have apathy towards physical fitness, help us to see our responsibility to care for our bodies as we do every gift from you. If we have allowed fitness to capture our hearts more than you, let us repent and seek you first. You look at our hearts, not our appearance or performance. We need you desperately. In the name of Jesus we pray, Amen.