



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

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?

WARM UP

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

THE TEXT: WHAT DOES IT MEAN FOR ME?

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

The Trap of Apathy

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.

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?

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?

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 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?

DIGGING DEEPER

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

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.