

becoming physically alive		7 May
--	---	--------------

spiritually | **physically** | relationally | emotionally | financially

<p>key passages</p> <p>Ecclesiastes 4:9-10</p> <p>Habakkuk 2:4</p> <p>1 Corinthians 6:19-20</p> <p>1 Thessalonians 5:23-24</p> <p>Hebrews 10:25</p> <p>3 John 2</p>
--

Talking through the biblical text during the week helps turn what God is saying into action steps. Here are some key questions to start.

- What questions and comments do you have about the sermon and supporting texts?
- This week we are looking at becoming **Fully Alive**: physically. When you hear this, what comes to mind? What encourages you or scares you about this? Why?
- Should the church be talking about physical health?
- What have you done in the last week that has helped you become more **fully alive** in an area of your life?

Read **1 Corinthians 6:19-20**

- What word(s) or phrase(s) stands out to you?
- What does it mean that your body is a “*temple of the Holy Spirit*”?
- What does “*honouring God with your body*” mean?
- Go back up to **v12**. Does this change your understanding of your body being a “*temple of the Holy Spirit*”? How?
- Have you come across contemporary **gnosticism** [the belief that the body doesn’t really matter]? What did that look like? Why do you think Christians sometimes reduce Christianity to being about what is spiritual while ignoring the physical? In what way(s) are these contrary to the view of scripture?
- Being a follower of Jesus means being fully human. How do you respond to this?

Read **2 John 2**

- What does John pray for his friend? Why?
- Why is it important that we view ourselves as whole people (body, mind, and spirit)?
- Why do you think we get sucked into silly diets?
- What is hard for you about eating healthy? What about exercising regularly? How can this group help you?
- Only 2.5% (men) and 3.5% (women) do all of the following 4 things:

eat a healthy diet	don’t smoke
are normal weight	have a regular exercise plan
- What connections do you see between being **physically** healthy and being **spiritually, emotionally** and **relationally** healthy?

Read **1 Thessalonians 5:23-24**

- What does this say about who we are?
- Read, meditate on, and memorize this benediction.