



# RENEW

## RENEW Your Physical Health

January 21, 2024 // Lead Pastor, Tyler Scott

### DISCUSSION QUESTIONS

1. **Read 1 Corinthians 6:19-20 and Colossians 1:16.** These verses teach a big idea for this week: that our physical bodies are made BY God, FOR God, to HONOR God. Therefore, your simple action step is to “Honor God with your physical body.” This is a biblical framework/action step for renewing your physical health. What are some things that make it a struggle—or simply not a priority—to honor God with our physical bodies?
2. **Read 1 Corinthians 9:25-27.** In this message, Tyler shared 4 practical ways you can honor God with your physical body. #1 was “**Exercise regularly.**”
  - a. Have you ever considered exercise as an act of worship? Why or why not?
  - b. What are some reasons we should consider exercise an important way to honor God with our body?
  - c. Why is exercise integral to God working through you like He wants to?
  - d. Is there anything that needs to shift in your thinking, in order to exercise regularly?
3. **Read 1 Corinthians 6:18.** The second way to honor God with our bodies is “**Flee sexual immorality.**” Why do you think is this so important?
  - a. What do you think Paul means when he says sexual sin is different than “all other sins.” (\*Hint: it’s not any worse to God.)
  - b. What are a few tangible ways we can “flee” or “run from” sexual sin?
4. **Read Ephesians 5:18.** A third way to honor God with your body is “**Drink less.**”
  - a. Tyler shared research that showed alcohol consumption has increased since 2020. Is that true for you? For your social circles?
  - b. WHY do you think people are drinking more?
  - c. The word for “drunk” in that Eph. 5:18 means “under the influence.” What are some ways we can make sure the Holy Spirit is the controlling influence of our lives?
  - d. Are there any personal/practical steps you need to take re: alcohol?
5. **Read Exodus 20:8-9.** Another way we can honor God with our bodies is to “**Rest more.**” Why is resting so honoring to God?
  - a. What theological truths can we learn/apply from reminding ourselves that we need rest to function well, yet God never sleeps nor slumbers?
  - b. When you have a regular “sabbath” or day of rest, what are some things that restore and refresh you?

6. Which one of the 4 ways to honor God with your body is most applicable to you right now? How so? What is your next step?
7. **Read Zechariah 4:6 & 10.** Why are these verses important for us to stay encouraged as we seek to take steps to honor God with our physical bodies and renew our physical health?

### **COMMIT TO MEMORY**

*You are not your own; you were bought at a price. Therefore honor God with your bodies. 1 Corinthians 6:20*

### **PRAYER**

Share prayer requests and pray for each other—that you would have the faith and courage to apply the lessons that God taught you through His Word.