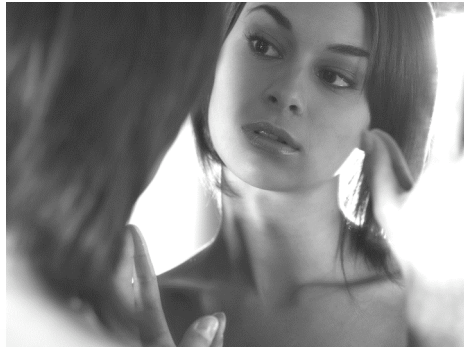


MY BODY



1

What do you like and dislike about your body?

What messages have you heard about your body from culture and media?

2

What does God want us to understand about our bodies?

Matthew 6:25, 31-33
1 Corinthians 6:12-20

Why do you think so many of us are wrapped up in our body needs like food and clothing, as though “their body runs their life” (see quote)?

What do you think it means that sexual immorality is “a sin against your own body” (v. 18)?

3

From **1 Corinthians 6:19,20** above, who does and does not own your body?

What is your emotional response to these verses?

Are you making any choices that essentially declare “My body is my own, and I’ll do whatever I want to with it”—even if it doesn’t please God?

Reflection

Let **Psalm 139:13-16** guide a conversation with God about how He has created you. Journal about whatever you hear God saying about you and your body.

5

Have you ever considered that God can use your body struggles as part of your spiritual transformation process?

4

How might you rely on God’s grace as you struggle with a body issue or limitation?
2 Corinthians 12:6-10. Who can you talk with about this?

For usual human beings in the usual circumstances, their body runs their life. Contrary to the words of Jesus in **Matthew 6:25**, *life is, for them, not more than food, nor the body more than clothing.* As a matter of simple fact, their time and energy is almost wholly, if not entirely, devoted to how their body looks, smells, and feels, and to how it can be secured and used to meet ego needs such as admiration, sexual gratification, and power over others. It is this bodily orientation of the self that runs the human cosmos.

—Dallas Willard, *The Renovation of the Heart*
Colorado Springs, CO: NavPress,
2002, p. 168



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