

Ruin To Renovation - Sermon #21 - Body Stewardship

Study Questions for Groups & Individuals

OPENER:

Share your best, strangest, or funniest 'BODY STORY'...maybe you tripped & fell in a formal setting? Maybe you got sick in the worst of places? Maybe you have a good broken bone story? Maybe you did something great like setting a High School record in some sport, or made the winning shot or touchdown in a game?

OPENINGPRAYER:

Explain how the prayer time will go today:

1. Have someone open by inviting the Holy Spirit to speak to you as individuals & a group.
2. Then spend two minutes in silence allowing for the Holy Spirit to speak to each person.
 1. Realize he may say something for the group, our church, or another individual in the room.
3. After 2 minutes, begin praying aloud what you've heard.
 1. You might even just do it in a conversational format such as, "Joe, I felt the Holy Spirit telling me that he's pleased with the effort you've put into ministry lately, and will reward you greatly. Let me pray for that now..."
 2. You may get an image you can share and then pray through. Don't be afraid to share - the Holy Spirit is typically encouraging and speaks in ways which we don't expect.
4. After a while close it out and ask how people felt about what was prayed.

DISCUSSION:

1. Have everyone do a Lectio Divina exercise of Colossians 3:1-17 & discuss your thoughts.
2. Then do the same with Romans 6:6-14.
3. How do these two passages direct us in the glorifying use of the body? What do you learn from these passages? How do they challenge us? As individuals? As a church?
4. Discuss the four practical steps in the sermon. You may want to read through those steps and even have them printed for others to refer to as well...
 1. Releasing your body to Christ - which is to practice Romans 12:1-2
 2. Giving up idolizing your body - being too worried about it, or preoccupied with it
 3. Don't misuse your body - to be careful of how we use or what we do with our bodies.
 4. Realize the body is to be properly honored & cared for (Sabbath) - getting proper rest, and taking care of ourselves