

## 6/3/18 | One Life to Live: Part One



*"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."*

—1 Corinthians 6:19-20 | NIV

### DISCUSSION

1. What do you remember from the sermon? What stood out or impacted you?
2. The statement on the right was made during the sermon. How does that impact you?

You cannot serve God on this earth and serve other people in Jesus' name... if you're dead.
3. Do you agree that we should each do our best to take good physical care of our body? Why or why not?
4. Read 1 Corinthians 6:19-20. God created you. Jesus died on the cross for you. The Holy Spirit lives in you. What kind of value does that place on your body? On your soul?
5. Read Ephesians 2:10. What are some of the "good works" you enjoy doing in life? For God?
6. How does taking good physical care of your body lead to "more life to your years?"
7. What are some other biblical stories or texts that emphasize the importance of good physical health?

8. What are some things you need to say “no” to in order to make better choices a lifestyle? What do you need to deny to yourself?
  
9. Read Romans 12:1-2. How can you offer your body as a living sacrifice, as an act of worship?
  
10. What are some simple, practical and immediate steps you can take to live more healthy?
  
11. Read 1 Corinthians 9:24-27. Write down a few thoughts from how these words from Paul impact you.

**TAKE AWAY: Signup for an event and start moving!**