



Integrating faith & everyday life

Discovering ways to bring life and faith together, to help you see God in everything you do

### REVIEW

Recap on your experience of the challenge. Ask the following questions:

#### How did it go? Was it helpful?

If you weren't able to try the challenge, explore the question:

#### Where and how did you experience God last week?

### WHOLE LYFE BODY & SOUL

Often our spirituality focuses on the heart and head. Incarnation reminds us that our body is also important. The body is also an essential element of spiritual growth and Christ-likeness.

### READ

## 1 Corinthians 6.12-20

### Honour God with Your Body

<sup>12</sup> Some of you say, "We can do anything we want to." But I tell you that not everything is good for us. So I refuse to let anything have power over me. <sup>13</sup> You also say, "Food is meant for our bodies, and our bodies are meant for food." But I tell you that God will destroy them both. We are not supposed to do indecent things with our bodies. We are to use them for the Lord who is in charge of our bodies. <sup>14</sup> God will raise us from death by the same power that he used when he raised our Lord to life.

<sup>15</sup> Don't you know that your bodies are part of the body of Christ? Is it right for me to join part of the body of Christ to a prostitute? No, it isn't! <sup>16</sup> Don't you know that a man who does that becomes part of her body? The Scriptures say, "The two of them will be like one person." <sup>17</sup> But anyone who is joined to the Lord is one in spirit with him.

<sup>18</sup> Don't be immoral in matters of sex. That is a sin against your own body in a way that no other sin is. You surely know that your body is a temple where the Holy Spirit lives. <sup>19</sup> The Spirit is in you and is a gift from God. You are no longer your own. <sup>20</sup> God paid a great price for you. So use your body to honour God.

Contemporary English Verse - CEV

*'The ultimate freedom we have as human beings is the power to select what we will allow our minds to dwell upon. It is in our thoughts that the first movements toward the renovation of the heart occur.'*

Dallas Willard *Renovation of the Heart*

### REFLECT

Setting the scene:

- ▶ The old Greek city of Corinth was dominated by the goddess Aphrodite. The city was inundated with temple prostitutes, and a by-word for excess and sexual licence.
- ▶ In Corinth, the people were claiming that they should be free to satisfy their sexual needs – just like hunger needs to be satisfied by food. An old

Greek idea suggested that the body was not important, but Paul counteracts that claim by teaching that the body and spirit are both important to God. You cannot sin with the body and keep your 'spirit' untarnished.

- ▶ The Holy Spirit used to dwell in the Temple (in Jerusalem) – but now dwells in the hearts of God's people. Our prime motive is to honour God with our bodies.

- ▶ What are the 'shockers' and 'blockers' for you in this passage?
- ▶ Do you think the situation in Corinth is much different from our media driven culture today?
- ▶ Do you agree with Paul's connection between our physical body and the soul?

### RESPOND

Body & Soul challenge: As a group, create a challenge that will help you honour God with your body this week.

**Challenge ideas:**  
If you struggle to come up with your own challenge then why not try one of the following...

#### 01 Media Fast

Our media-driven culture is obsessed with sexuality and lust. It is one of the issues that Jesus addresses in the Sermon on the Mount (Matt 5.27-30) – often misinterpreted, it is not that sexual attraction is wrong (we are human after all) this sin is intentionally looking at another person and dreaming, leering, imagining, cultivating and gratifying sexual desire.

A good heart, according to Jesus, is free from satisfying this kind of self-gratification. Take some time this week to fast from magazines, internet, TV, video games and other media that can stimulate sexual desire. Find alternatives to fill your mind – walk, exercise, chat with friends, pray – just give your mind and imagination some time out. It may be hard, but not impossible!

#### 02 Work Out

It may be obvious, but many of us simply don't get the exercise that our bodies require. Honour God with your body this week as you increase your exercise – do a gym class, surf, weed the garden, cycle, race your kids, go for a run, swim, meet for a game of badminton. Just enjoy the opportunity

to release some energy and remember to thank God for the ability to exercise.

#### 03 Looking after ourselves

In what ways might this session prompt you to consider some small steps to be kind to your body.

You might want to look up some new healthy recipes, sleep more, cut down on alcohol or cigarettes, enjoy a Sabbath rest, introduce some exercise or dance – whatever you think might help you to take steps to honour God with your body.

### Don't Forget

1. To record your experience of the challenge so that you can accurately share it with your lyfe group when you next meet. You might like to text/tweet each other throughout the experience!
2. Consider posting your created challenge on the lyfe facebook site for others to view.

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### More resources on 'Whole Lyfe'

- Listen to video interview with Mark Greene and Dallas Willard
- Read articles on Work & Family and Interview with Joe Davis
- Read 'lyfe story' biographies on GK Chesterton and Brother Lawrence
- Recommended Reading 'Working It Out – God, you and the work you do' by Mark Greene & Ian Coffey

### GROUP PRAYER:

You might like to commit to praying for each person in the group this week as you each look to focus on honouring God by looking after the mind and body this week.