

SERMON DISCUSSION GUIDE

FEBRUARY 6, 2022



ICEBREAKER

Who was the famous fitness icon of your time? (e.g. [Arnold Schwarzenegger](#), [Richard Simmons](#), [Olivia Newton-John](#), [Jane Fonda](#), [Chuck Norris](#), [Jillian Michaels](#), [the Rock](#), etc.)

READ

Romans 12:1

QUESTIONS

Patrick said, "How we feel physically has a direct correlation with our quality of life." What do you find encouraging in this sentence? What do you find challenging?

How can we be good stewards of the body, mind, and soul God has given us? (e.g. [improving: sleep, mental, functionality](#)) How could you take a next step in one of these areas?

READ

1 Timothy 4:8 and Galatians 1:10

QUESTIONS

What are some ways culture has molded the way we view physical fitness? Our body image? Our self worth?

What will focusing on fitness not do for you? (make you happy, define your value, solve your relational problems, make people like you)

How do these passages inform our sense of value? (our value is not defined by culture, the image of God is in all bodies, being good stewards of our physical fitness is great but it is not connected with our value, our health is not defined by our appearance)

READ

Galatians 5:1 and Romans 12:2

QUESTION

How do these passages speak to the challenges we often face in finding contentment with our health and body? (you do not need to look a certain way, culture can turn our focus on wrong images of worth, freedom is not being a slave to culture, your worth doesn't come from your appearance or performance)

QUESTION

How could you apply our discussion to your life this week?

PRAYER: How can this group pray for you this week?

Thank you, Lord, for creating us all in Your image as valued and loved. Help us to know our worth isn't something to be found or earned, but it's innate because of who You created us to be. Help us to see our bodies through your eyes. In Jesus' Name, Amen.

LEADERS:

Consider signing up your group for the 5K. You can walk, run or volunteer at the event (rpc.me/5k). If you have not already, set up an email or text group.