

Session 9: Transforming the Body

Opening Prayer

What thoughts, feelings or ideas stood out to you as listened to Steve share about “Transforming the Body”?

Scripture Reading

- 1 Corinthians 6:19–20
- Romans 6:13

Invite one or two people to read the passages aloud. What words or phrases stand out to you in these passages?

Part 1: The Body as God’s Gift

The teaching reminds us that our bodies are **good gifts from God** and are meant to help us serve Him and others.

1. What are some ways our bodies allow us to experience God’s goodness and serve others?
2. Why do you think it is important to remember that the body itself is not evil?
3. How did Jesus Christ using a human body shape the way we should view our own bodies?
4. What is a source of body hatred, and how does Christ deliver us from it?

Part 2: The Temptation of Body Worship

The world often encourages us to center our lives around the body—its cravings, comfort, appearance, and desires.

Discussion Questions

1. Which areas mentioned in the teaching do you think people struggle with most today?
 - Speech (gossip, harsh words)
 - Food or comfort
 - Laziness or overwork
 - Sexual temptation
 - Body image

2. In what ways does our culture encourage us to focus more on the body than on God?
3. **From Evil to Righteousness:** Romans 6:13 speaks of using body parts as “instruments.” Can you think of a specific example of how a “body part” (e.g., the tongue, the hands, the eyes) can be used for both harm and for God’s glory?
4. Can you think of a time when the desires of the body conflicted with your desire to follow God?

Part 3: The Battle of Kingdoms

Often the real question is **whose kingdom rules our lives—our own or God’s.**

Discussion Questions

1. Is my body my property to with as I wish? Why or why not?
2. What does it mean to “present your body to God” as described in Romans 12:1?
3. **The “High Price”:** Paul mentions we were “bought with a price” (1 Cor. 6:20). In a culture that emphasizes “my body, my choice,” why is the idea of *not* belonging to ourselves so counter-cultural? Is that idea freeing or challenging to you?
4. Why can practices like fasting, prayer, or discipline sometimes feel like a struggle?
5. How can we recognize when our body’s cravings are beginning to control our decisions?

Part 4: Practicing Transformation

Willard suggests several ways to surrender our bodies to God.

Discussion Questions

1. Which of these practices stood out to you most?
2.
 - Releasing your body to God
 - Not idolizing your body
 - Not misusing your body
 - Caring for and honoring your body

3. What does healthy care of the body look like for a follower of Christ?
4. What is one "physical habit" (sleep, diet, movement, or rest) that you feel God is inviting you to surrender to Him this week?
5. How might rest, exercise, or Sabbath help us honor God with our bodies?

Notes:

Personal Reflection

Invite a moment of quiet reflection.

Ask group members to consider:

- Is there one area where my body tends to control my decisions?
- What is one way I can offer that area to God this week?

Members may share afterwards if they feel comfortable.

Weekly Practice

Encourage the group to try one practice this week:

- Begin each morning by **offering your body to God in prayer.**
- Pay attention to how you use your **words, time, and energy.**
- Practice **rest or Sabbath** intentionally.

Closing Prayer

Pray together, thanking God for the gift of the body and asking the Holy Spirit to help the group honor God through how they live, speak, work, and rest.