

**Under Review: Body**  
Weekend Discussion Questions  
January 30-31, 2016

**Community:**

What's your favorite food? Why is it your favorite food?

**Core:**

1. **Read Romans 12:1.** What does it look like for you to "present your body as a living sacrifice" to God? What are areas that we typically aren't willing to sacrifice to God?
2. Why do you think that we have a tendency to keep God out of our decisions about issues like our sexuality or our relationship with food?
3. **Read 1 Corinthians 6:12-13.** What would your life look like if you didn't put your decisions through the filter, "Is it wrong for me to do this?" but instead asked the question, "Is it helpful for me to do this?"
4. Are there things in your life that are acceptable, and not necessarily wrong, but at the same time, they're not very helpful? What are they?
5. What statements are your outward, external, physical behavior, habits, actions and decisions making about your internal, spiritual relationship with God?

**Challenge:**

Jim closed his message with four questions. Take some time to reflect on these questions, choose one that you feel God wants you to sort through, and then give your answer to the group:

1. God promises that He loves you, treasures you, will protect you and calls you His friend. If anything in you causes you to not believe that, what is one thing that you could do to remove whatever is standing in the way of that truth?
2. Jesus taught that money is a terrible master and cannot be trusted to take care of you in your moment of need. If financial stress, guilt and shame are controlling your life, what is one step you could take towards freedom and true safety?
3. Good and wise friends make us better and wiser. Trusted friends can be depended on to keep us from falling and picking us up if and when we do. If that's true, what needs to change when it comes to who you are choosing and allowing to sit at the table of your life and have influence into your life?
4. Jesus taught that what we do on the outside with our body and behaviors reveals what is really going on inside our heart. What is happening with your body that you know is connected to something that is broken inside and what is one thing that you believe Jesus would want you to do starting today?