

Stronger: God Honoring Body

February 8 & 9, 2020

Monday

Psalm 139:1-17

What does this Psalm teach us about God? What does this Psalm teach us about the value God places on us, especially upon our bodies? What do you sense God saying to you today from these verses?

Tuesday

I Corinthians 6:19-20

Explain how you feel about your body not belonging to you but to God. What does it mean to you to “honor God with your body?” What harm do you need to stop causing to your body? Make a declaration to God what you are going to stop, mark the date and sign it.

Wednesday

Daniel 1:1-21

Why do you think David had the discipline and resolve to not “defile” himself with the food from the Kings table? How would you grade the fuel you feed your body? What are the changes you need to make in your food and drink intake? Share your decisions with someone.

Thursday

I Corinthians 9:24-27

When it comes to physical exercise, what do you most enjoy doing? When is the last time you engaged in that activity? What steps do you need to take and will take to better train and honor God with your body?

Friday

Exodus 20:1-21

Which of these commands do you most struggle with passing the test? (Vs. 20) Why do you think God rested? What needs to change or improve when it comes to your work boundaries? How would you rate your sleep and or rest patterns, 1 being low 10 being good.

Saturday

Matthew 26:36-46

Jesus was so stressed out he sweated drops of blood and asked God to change the plan. What are the sources of destructive stress in your life? Create a wellness plan to reduce destructive stress.

Sunday

Romans 12:1-2

How is your body a living sacrifice, Holy and pleasing to God? What are your expectations for worship this weekend? Reach out to someone today and check on them. Are you building relationships with others for the sole purpose of getting to know them and sharing God’s love? If no, why not? If yes, write down their names and pray for them.