



SPIRIT | SOUL | MIND | BODY

The Flourishing Body

FLOURISH, Part 4

Sermon Small Group Questions

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flour-ish [flur-ish -]

To thrive; to be successful; prosper; To be in one's prime; To exceed and have in abundance :

[Romans 12.1, NLT]

*¹ And so, dear brothers and sisters, I plead with you to **give your bodies to God** because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. **This is truly the way to worship him.***

God has laid down some details in His Word for your life.

Steps to a Flourishing Body:

1. Stewardship = looking after or managing something that is not yours

[1 Corinthians 6.12-19, NLT]

You say, “I am allowed to do anything”—but not everything is good for you. And even though “I am allowed to do anything,” I must not become a slave to anything.

*¹³ You say, “Food was made for the stomach, and the stomach for food.” (This is true, though someday God will do away with both of them.) But you can’t say that our bodies were made for sexual immorality. **They were made for the Lord, and the Lord cares about our bodies.** ¹⁴ And God will raise us from the dead by his power, just as he raised our Lord from the dead.*

¹⁵ **Don't you realize that your bodies are actually parts of Christ?** Should a man take his body, which is part of Christ, and join it to a prostitute? Never!

¹⁶ And don't you realize that if a man joins himself to a prostitute, he becomes one body with her? For the Scriptures say, "The two are united into one."¹⁷ But the person who is joined to the Lord is one spirit with him.

¹⁸ Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body. ¹⁹ **Don't you realize that your body is the temple of the Holy Spirit,** who lives in you and was given to you by God?

You do not belong to yourself,²⁰ for God bought you with a high price. So you must honor God with your body.

[Proverbs 5.9-14]

⁹ If you do, you will lose your honor
and will lose to merciless people all you have achieved.

¹⁰ Strangers will consume your wealth,
and someone else will enjoy the fruit of your labor.

¹¹ In the end you will groan in anguish
when disease consumes your body.

¹² You will say, "How I hated discipline!
If only I had not ignored all the warnings!

¹³ Oh, why didn't I listen to my teachers?
Why didn't I pay attention to my instructors?

¹⁴ I have come to the brink of utter ruin,
and now I must face public disgrace."

2. Servant-hood = being the hands and feet of Jesus to our world

You are most like Jesus when you are serving those around you.

[Matthew 5.14-16]

"You are the light of the world—like a city on a hilltop that cannot be hidden. ¹⁵ No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house.

*¹⁶ In the same way, **let your good deeds shine out** for all to see, **so that** everyone will praise your heavenly Father.*

3. Sanctification = being set apart for a purpose

[2 Timothy 2.20-22, AMP]

But in a great house there are not only vessels of gold and silver, but also [utensils] of wood and earthenware, and some for honorable and noble [use] and some for menial and ignoble [low grade & inferior use].

²¹ So whoever cleanses himself [from what is ignoble and unclean, who separates himself from contact with contaminating and corrupting influences] will [then himself] be a vessel set apart and useful for honorable and noble purposes, consecrated and profitable to the Master, fit and ready for any good work.

DISCUSSION QUESTIONS

- 1. Where do our ideas about the health of our body come from?**
- 2. What does it look like to give your body to God? Which of the three steps are you actively involved in, or wanting to grow in?**
- 3. Why does God not reveal mysteries, until we walk out in obedience (to the things He has clearly said)?**
- 4. What does God think about your body? What is His intention for your body here on earth?**
- 5. How can I be the "hands and feet of Jesus" to the world? How can I actively and intentionally serve those in my sphere of influence?**
- 6. For what reasons does God use some people more than others?**
- 7. What's your purpose, and what are you being sanctified (or set apart) for?**