

Your Health

1 Corinthians 6.19-20 & 1 Timothy 4.8-10

Your Body is a Temple...

"Do you not know that **your bodies are temples** of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price.

Therefore **honor God with your bodies**."

1 Corinthians 6 19-20

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How we view and value our physical hodies really matters.

"Don't you know that **you yourselves are God's temple** and that God's Spirit dwells in your midst?"

1 Corinthians 3.16

"For **we are the temple** of the living God." 2 Corinthians 6.16

Leveling Up Your Health

It starts with a			
"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God — this is true worship." Romans 12.1			
Which becomes a			
"The fruit of the Spirit is self-control ." Galatians 5.23			
And stirs up			
"For God is working in you, giving you the desire and the power to do what pleases him." Philippians 2.13 (NLT)			
To become your			
"Train yourself to be godly. For physical training is of some value, but godliness has value for all things , holding promise for both the present life and the life to come." 1 Timothy 4.7-8			
Let honoring God be your highest health goal.			

January 19, 2025 ı Phil Fuller, Lead Pastor Rancho Murieta Community Church

Level Up Your Health

I Corinthians 6:19-20 and I Timothy 4:8-10 Questions based on the sermon from January 19, 2025

Getting to Know Me

- 1. What was a highlight of your Christmas celebrations?
- 2. How did you ring in the New Year, and what goals, habits or resolutions do you have for 2025?

Level Up Series Review

Since this is our first meeting during this series, let's recapture some points from the last few weeks...

- 3. Level Up Your Faith: Read Acts 2:42 and list the four habits given here that the early church devoted themselves to. What new habit or goal do you have that is aimed at leveling up your faith?
 - ______&_____
- 4. Level Up Your Relationships? Read I Corinthians 1:9. How are you leveling up your relationships (koinonia) this year?
- 5. Pastor Phil clarified that *leveling up isn't about self-improvement but Spirit-empowerment*. How are the two different, and what does it look like to rely on the Spirit rather than effort when committing to new habits?

Digging Deeper

- 6. Read I Corinthians 6:19-20. How does this mindset on our physical bodies change how we care for our health?
- 7. What does I Samuel 16:7 tell us about God's perspective versus man's? How does that shape our priorities regarding health?

8. Pastor Phil used the following illustration to demonstrate how we view and value our bodies on a spectrum. Where do you tend to naturally fall on the spectrum?

Idol	Temple	Discard
•		-
Something We Worship	Something We Worship With	Something Worthless

9. Read Romans 6:13 and 12:1. What does the Bible say we are to do with our bodies? What are some really practical examples of how to live this out (with mindset, diet, exercise, activities...)?

Making it Personal:

- 10. Pastor Phil described "sins in good standing" as behaviors and attitudes the Bible identifies as sin but are often excused by Christians.
 - What are some examples of these "sins in good standing"?
 - Can you identify an area in your life that you've overlooked in this way? How might embracing a biblical perspective help you grow in spiritual and physical health?
- 11. How can our approach to or discipline in physical health impact our mental, emotional, spiritual, relational, intellectual... health?
- 12. Where do you feel the Lord is making an adjustment in your thinking about your health, and how can you apply it moving forward?

Prayer:

Since we are wrapping up our *21 Days of Prayer*, have someone read one (or a few) of the email prompts aloud and pray together using the provided Scripture and prayer for guidance. Then pray for one another.



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4		-
Something We	Something We	Something
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Romans 12.1

Which becomes a Discipline...

"The fruit of the Spirit is... **self-control**."

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To become your **Destiny**.

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