

ReNew BeNew

WEEK #3: TEMPLE UPKEEP & MAINTENANCE

INTRODUCTION

We're starting a new year, but maybe you still feel like the old you. Maybe bad habits, unconquered challenges, and routines you've let slip hold you back. But today is a new day, a new beginning. Those things don't have to define your life anymore. You can hold onto something bigger, something more powerful than your own abilities and potential. You can have a fresh start. Because when God renews, you can be new.

DISCUSSION QUESTIONS

1. What is your initial reaction to a sermon on the importance of maintaining a healthy physical body? Is it a topic you've heard addressed in the church, or has it been something that has typically never come up?
2. Pastor Mark mentioned that we are over-saturated with so many unhealthy options. Do you need help navigating the overwhelming amount of information and available options to make healthier choices? Or have you found solutions that have helped you create a practical, healthy lifestyle?
3. Read 1 Corinthians 6:19-20. What do you think about these verses? How, if at all, do they impact your current view of your body and the decisions you make that affect your health?
4. Pastor Mark shared four thoughts regarding our physical bodies. Share your thoughts on the following points and if they encourage you or challenge you, or both:
 - a. My body is the temple of the Holy Spirit.
 - b. My body doesn't belong to me.
 - c. God wants to maximize my body's effectiveness to serve him, help others, and get the most out of life.
 - d. The biblical definition of "OLD" is more a condition than a number!
5. What was your biggest takeaway from the message, and why?

SCRIPTURE & QUOTES

Romans 6:4 / Revelation 21:4-5 / 2 Corinthians 4:16-17, 5:4-5, 17 / Lamentations 3:23 / Genesis 2:16-17 / 1 Thessalonians 4:4 / 1 Corinthians 6:19-20 / 2 Timothy 2:20-21 / Ecclesiastes 12:1-5.

"We live in a world of fast food, insanely high-calorie restaurant meals, processed packaged foods with fat, cholesterol, sodium, sugar, and unhealthy carbohydrates. Not to mention extreme caffeinated canned energy drinks. Add to that electronic devices that lure us into sedentary lifestyles."