

## LIFE Group Session 2

# The Real McCoy in My Physical Health

### CHECKING IN

- Which of the seven spiritual health verses from your devotional reading this past week was the most meaningful to you?
- What impact do you think your physical health has on your spiritual health?

### MEMORY VERSE

*“Do you not know that your body is a temple 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 body”* (1 Corinthians 6:19-20).

### VIDEO: THE REAL MCCOY IN MY PHYSICAL HEALTH

Watch the LIFE Group Video for week 2 at [www.celebrate.church/mccoy](http://www.celebrate.church/mccoy) and follow along in your notes.

*“I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well”* (3 John 2).

God wants us to take care of our bodies, not only because that’s where we live, but also because that’s where He lives. Physical health is a spiritual discipline.

*“Everything is permissible for me – but not everything is beneficial. Everything is permissible for me - but I will not be mastered by anything. Food is for the stomach and the stomach for food—but God will destroy both. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body. By His power God raised the Lord from the dead, and He will raise us also. Do you not know that your bodies are a member of Christ Himself? ... Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit, Who is in you, Whom you have received from God? You are not your own; you were bought with a price. Therefore honor God with your body”* (1 Corinthians 6:12-20).

### WHAT GOD SAYS ABOUT MY BODY:

1. My body is God’s \_\_\_\_\_.

*“The body is not meant for sexual immorality, but for the Lord, and the Lord for the body”* (1 Corinthians 6:13).

*“You created every part of me; you put me together in my mother’s womb ... I am fearfully and wonderfully made”* (Psalm 139:13-14).

2. God expects me to \_\_\_\_\_ my body.

*“I will not be mastered by anything”* (1 Corinthians 6:12).

**3. My body will be \_\_\_\_\_ after I die.**

*“By His power God raised the Lord from the dead, and He will raise us also” (1 Corinthians 6:14).*

**4. My body is connected to the \_\_\_\_\_.**

*“Do you not know that your bodies are members of Christ Himself?” (1 Corinthians 6:15).*

**Jesus gave His body for you and He wants you to honor Him with yours.**

**5. The Holy Spirit \_\_\_\_\_ my body.**

*“Do you not know that your body is the temple of the Holy Spirit, Who is in you, Whom you have received from God?” (1 Corinthians 6:19).*

*“Do you not know that you yourselves are God’s temple and that God’s Spirit lives in you? ... God’s temple is sacred, and you are that temple” (1 Corinthians 3:16-17).*

**You are God’s dwelling place on Earth.**

*“For we are the temple of the living God” (2 Corinthians 6:16).*

**6. Jesus \_\_\_\_\_ on the cross.**

*“You are not your own; you were bought at a price. Therefore honor God with your body” (1 Corinthians 6:20).*

*“I urge you, brothers, in the view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God. This is your spiritual act of worship” (Romans 12:1).*

*“Do you want to get well?” (John 5:6).*

**God wants you to be physically healthy so that you can accomplish great things for His kingdom.**

## DISCOVERY QUESTIONS

Pick at least one or two of the following questions to discuss:

- The Bible says your body is God’s property and that you are the dwelling place of the Holy Spirit. How does that affect the way you see yourself? What do you think you will do differently knowing this fact?
- God expects you to manage your body. Why is that so important to God?
- What does it look like to manage your body? How good of a manager do you think you are?
- Why do you think most Christians tend to put more emphasis on their spirits or minds as opposed to taking care of their bodies?

## PUTTING IT INTO PRACTICE

- Where do you want to be three months from now with your physical health?
- What is one thing you will do to take a step in that direction? Not one thing you could do, or might do, but one thing you will do. We know that goals that are not expressed are very rarely met, so share your goal with one other person in your group.

## MY THREE-MONTH GOAL

Write your physical health goal here:

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## PRAYER DIRECTION

Spend some time praying for the prayer requests you have been sharing with one another. You may want to focus on some of the physical challenges or goals you have set in your study this week.

## DIVING DEEPER

- Read the daily devotions for days eight through fourteen.
- Read the Memory Verse every day this week as part of your quiet time. See if you can have it memorized before your next group meeting. Here it is again:

*“Do you not know that your body is a temple 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 body” (1 Corinthians 6:19-20).*

## LIFE Group Covenant

WE AGREE TO THE FOLLOWING VALUES:

### **Clear Purpose**

To grow healthy, spiritual lives by balancing the five biblical purposes in the LIFE Group.

### **Group Attendance**

To give priority to the group meeting (call if I am absent or late).

### **Safe Environment**

To create a safe place where people can be heard and feel loved, so we will be careful with being judgmental, giving quick answers, and offering our simple fixes to complex situations.

### **Be Confidential**

To keep anything that is shared strictly confidential and within the group.

### **Conflict Resolution**

To avoid gossip and to immediately resolve any concerns by following the principles of Matthew 18:15-17, which begins with going directly to the person with whom you have an issue.

### **Spiritual Health**

To challenge and encourage one another to live a healthy and balanced spiritual life that is pleasing to God.

### **Limit our Freedom**

To limit our freedom by not serving or consuming alcohol during Celebrate LIFE Group meetings or events so as to avoid causing a weaker believer to stumble. (1 Corinthians 8:1-13, Romans 14:19-21)

### **Welcome Newcomers**

To invite our friends who might benefit from this study and warmly welcome newcomers.

### **Building Relationships**

To get to know one another even outside the group time and pray for one another regularly.

### **Mission Motivated**

To work toward understanding how our group can effectively participate in Celebrate's mission opportunities.

### **Shared Responsibility**

To work with each other to share group leadership.

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