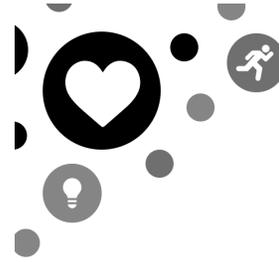


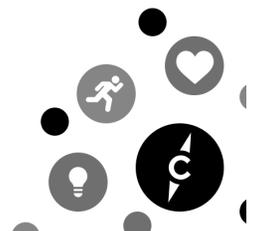
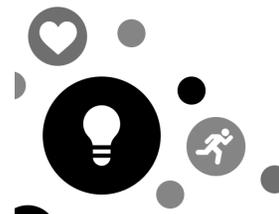
NOTES & QUOTES



# Habitudes

Habits and attitudes  
that bring life change.

WEEK 6 - HONOURING YOUR BODY



## CONNECT (BUILD RELATIONSHIPS)

1. Thinking back over the years, who are some of your favourite Olympic athletes – summer or winter?
2. What do you think the difference is between “trying” and “training” to be like Jesus?
3. What is one thing you like about yourself physically (i.e., I have dark brown eyes, or wavy hair, I like my laugh, I am glad that I am tall or not tall)? If you struggle to answer, let members of the group help you. Reflect on why this question may have been challenging.

## THRIVE (EXPLORE BIBLICAL TRUTH)

4. Look back over the Habitudes series and answer the following questions:
  - Was there anything you became aware of or understood for the first time?
  - What challenged or confused you?
  - What stands out to you as particularly helpful or insightful?
  - What do you think God is calling you to do in response?
5. What do each of the follow passages reveal about our physical bodies? Why do many Christians struggle to see themselves the way God sees them in Christ? What might be the result if they could change their perspective?
  - Genesis 1:26
  - Psalm 139:13-14
  - Ephesians 2:10
  - Corinthians 6:19-20
6. Read 1 Corinthians 6:13-15, 18. In the message it was said, “The warning is clear, sexual activity outside of marriage dishonours God, is ultimately harmful to those involved and is devastating to your soul. When married people start acting like they’re single and single people start acting like they’re married – hell breaks loose because you have chosen to walk off the path that God has established.” Why is physical fidelity such an

important matter when it comes to thriving in our relationship with God and others? What grace and help is available to those who have struggled in this area?

7. Read Romans 12:1-2. Note the three words ‘living’, ‘holy’ and ‘pleasing’. What does each word mean and how does it relate to your body? Thinking of Habitudes how can our bodies play a key role in expressing our devotion to God. What place does your body have in your relationship with God?

## COMMIT (BE ON MISSION)

8. Sit quietly in a comfortable position. Breathe slowly and notice any tightness in your body. What is your body saying to you right now? Listen to it. Don’t scold it. How would Jesus want you to care for yourself right now?
9. Where in your body do you need a new beginning? What practices and patterns that tie into food, sex, rest, work or relationships would you like to change? How can you cooperate with God in honouring your body as his temple? Who can help you with this?
10. How far have you gotten towards creating a “rule of life”? What Habitude(s) have you decided to pursue in this season of life? How might it bring you closer to God and help you live the life that God desires for you?

### PAUSE, PONDER & PRAY

Take time to pray. Take a few minutes to become aware of God’s presence. Ask the Holy Spirit to fill, lead and be at work in you:

- Thank God for the gift of life in your body. Be specific, if possible, thanking God for each part of your body (i.e., ‘Lord, I thank you for my hands. I dedicate them unto you – may I use them in a way that glorifies you’ etc.)
- If you struggle to experience life in your body as a gift, pray that God will guide you in knowing how to receive this gift.
- Close off with a prayer of thanksgiving and praise.