



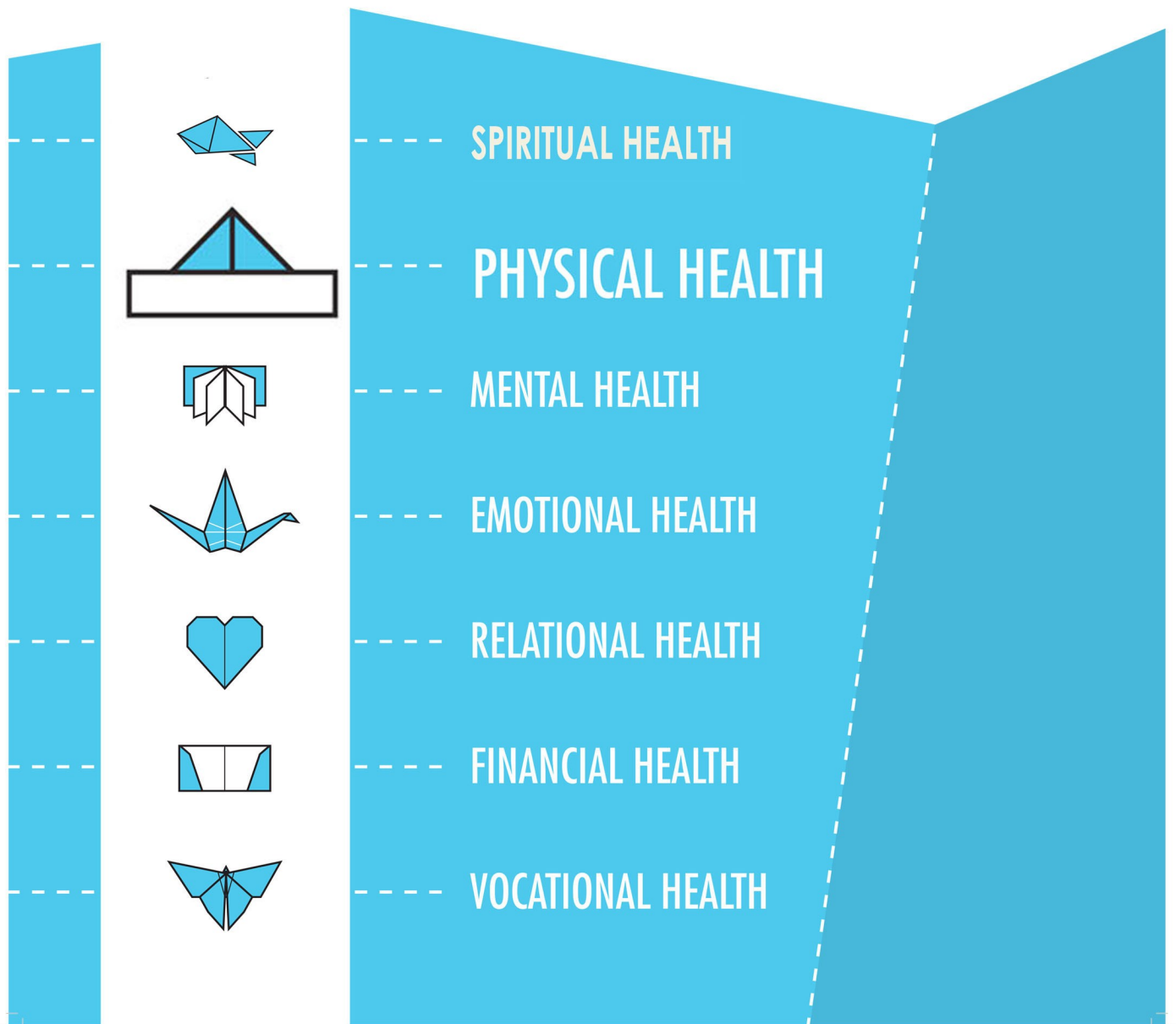
## WEEK 2

# TRANSFORMED

*How God Changes Us*

*Be transformed by the renewing of your mind . . .*

ROMANS 12:2



# TRANSFORMED IN MY PHYSICAL HEALTH

## ◆ CHECKING IN

- What impact do you think your **physical health** has on your **spiritual health**?

## ◆ MEMORY VERSE

*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 (NIV)

## ◆ WATCH THE VIDEO LESSON NOW AND FOLLOW ALONG IN YOUR OUTLINE.

## ◆ TRANSFORMED IN MY PHYSICAL HEALTH

*Dear friend, 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 1:2 (NIV)

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.**

*"I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything. <sup>13</sup>You say, "Food for the stomach and the stomach for food, and God will destroy them both." The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body. <sup>14</sup>By his power God raised the Lord from the dead, and he will raise us also. <sup>15</sup>Do you not know that your bodies are members of Christ himself? Shall I then take the members of Christ and unite them with a prostitute? Never! <sup>16</sup>Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, "The two will become one flesh." <sup>17</sup>But whoever is united with the Lord is one with him in spirit.*

*<sup>18</sup>Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. <sup>19</sup>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; <sup>20</sup>you were bought at a price. Therefore honor God with your bodies.*

1 CORINTHIANS 6:12-20 (NIV)

## WHAT GOD SAYS ABOUT MY BODY

- **My body is God's PROPERTY .**

*For you created my inmost being; you knit me together in my mother's womb...I praise you because I am fearfully and wonderfully made;*

PSALM 139:13-14 (TEV/NIV)

## TRANSFORMED IN MY **PHYSICAL HEALTH** continued

- God expects me to **MANAGE** my body.

*I have the right to do anything," you say—but not everything is beneficial. "I have the right to do any thing"—but I will not be mastered by anything.*

**1 CORINTHIANS 6:12 (NIV)**

- My body will be **RESURRECTED** after I die.

*By his power God raised the Lord from the dead, and he will raise us also.*

**1 CORINTHIANS 6:14 (NIV)**

- My body is connected to the **BODY OF CHRIST**.

*Do you not know that your bodies are members of Christ himself?*

**1 CORINTHIANS 6:15 (NIV)**

**Jesus gave his body for you and he wants you to honor him with yours.**

- The Holy Spirit **LIVES IN** my body.

*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;*

**1 CORINTHIANS 6:19 (NIV)**

*Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst? <sup>17</sup>If anyone destroys God's temple, God will destroy that person; for God's temple is sacred, and you together are that temple.*

**1 CORINTHIANS 3: 16-17 (NIV)**

- You are God's dwelling place on earth.

*For we are the temple of the living God.*

**2 CORINTHIANS 6:16 (NIV)**

- Jesus **BOUGHT MY BODY** on the cross.

*You are not your own; you were bought at a price. Therefore honor God with your bodies*

**1 CORINTHIANS 6:19-20 (NIV)**

*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 your true and proper worship.*

**ROMANS 12:1 (NIV)**

*"Do you want to get well?"*

**JOHN 5:6 (NIV)**

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

## ◆ DISCOVERY QUESTIONS (pick at least 2)

- 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 a manager do you think you are?
- Why do you think most Christians tend to put more emphasis on their spirit or mind 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.

Write your physical health goal in the space below.

### MY THREE-MONTH **PHYSICAL HEALTH GOAL**

## ◆ 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.