# WHO GOD SAYS YOU ARE

**STUDY GUIDE | JULY 11, 2021**

## YOU ARE YOUR BODY

### THE POINTS FROM THIS WEEK'S MESSAGE WERE:

- Your body is integral to your identity.
- You are more than your body.

**How Do You Live Into Your Identity With Your Body**

- Take Care of Your Body
- Ask yourself, Has my body become an "idol"?
- Use Your Body in Prayer and Worship.

### LET'S TALK

1. What impacted you the most from this week's message?

2. What are some ways you see our culture's obsession with appearances and body image?

3. We are embodied beings. God made us to have a body and everything we do is through our body. Have you ever considered your body and identity in this way?

4. Pastor Jeremy says, "When it comes to our body, people tend to fall into two extremes. Either they place too much importance on it – obsessing over their bodies. Or they place too little importance on it, neglecting the body to focus on spiritual things." Where do you think you land it how you view your body?

5. Read Mark 12:30, Romans 12:1, 1 Thess. 5:23, 2 Cor 7:1. The Bible encourages us to worship with our whole beings. Is this consistent or different from any past church background you may have? How does it challenge you in how you practice your spirituality now?

6. Are you or anyone you know experiencing health challenges? Spend some time praying for these concerns.

7. Despite her paralysis, Joni Eareckson Tada found hope in God and purpose in her pain. What inspires you the most about her story?

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8. Pastor Jeremy suggests 3 Ways to Live Into Your Identity with your Body.
   a. Take Care of Your Body
   b. Ask yourself, Has my body become an “idol”?
   c. Use Your Body in Prayer and Worship.

Which of these resonates the most with you? How can you begin to apply it to yourself this week?

**LET’S PRAY:** Spend some time in prayer (for each other, for our community and for the world).