



Home Teams

DISCUSSION GUIDE

Adulting

**I GOT THIS*

January 13 & 14

Living Out a Healthy Lifestyle

ADULTING • WEEK 3 • 1 CORINTHIANS 6:19-20

OPENING QUESTIONS

1. Have you made any changes to your lifestyle (or your family's lifestyle) in the past few years? Have they been helpful changes or damaging changes?
2. What habit do you have that you wish was easier to change or resist?

IN THE WORD

1. Many of the issues addressed in 1 Corinthians originated from a pagan view of the body—sexuality, marriage, even food. How does the fact that our bodies belong to God ([1 Cor. 6:19-20](#)) affect our actions in these areas?
2. Read [1 Corinthians 7:4](#) (the verses around it are also helpful). How should we understand this verse in the light of “honor God with your body” of [6:20](#)?
3. “Everything is permissible for me” was likely a common phrase very familiar to the audience of this letter ([1 Cor. 6:12-13](#)). Since there are few restrictions in the New Testament with regard to food and drink, why does God focus more on whether it is beneficial than he does on whether it is right/wrong?
4. Discuss the similarities and differences between [Romans 12:1](#) and [1 Corinthians 6:19](#) (“you are not your own”).
5. [1 Timothy 4:8](#) tells us that “physical training is of some value.” What value do you think it has?
6. With respect to our physical bodies, why is “I will not be mastered by anything” ([1 Cor. 6:12](#)) important when it comes to our lifestyles? In what ways is this true for our emotional and spiritual lives as well?

MAKING IT PERSONAL

1. Consider a time when you firmly controlled your diet or increased your level of activity (exercise). What was your primary motive? Would you say it was more God-centered or more for your personal benefit?
2. Consider various subjects which apply to our bodies—sexuality, sleep, rest, exercise, medicine, food/drink, etc—since we are told to “honor God with your body.” In which of these areas is balance the most difficult for you?
3. Since physical health is strongly affected by emotional health, what steps should you take to manage anxiety, stress, anger, envy, depression, disgust, etc? This requires that you first consider emotions which may be difficult for you to deal with and then discuss steps to deal with them.
4. In the book [First Things First](#), the authors ask “Are you living by the clock or by the compass?” If you focus more on guiding principles (compass), how will this help you choose when to accept criticism and when to keep your principles in spite of criticism?
5. Consider if there is an area that you find difficult to keep balanced (not too much, not too little). Do you see any way that it would honor God more if you were able to improve in this area?
6. Are there aspects of your lifestyle (physical, emotional, or spiritual) which you think might be permissible? Which are not wise for you?

Notes & Prayers



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