



Sermon
Discussion
Guide

Sunday, February 19, 2023

RESOLVE

Health & Fitness – 1 Corinthians 9:24-27

Read/Reflect

1. Read 1 Corinthians 9:24-27. In the passage, Paul talks about the need for self-discipline. What are his reasons for calling the believers to exercise self-discipline?
2. What imagery does Paul use in talking about self-discipline? Do you think it's a fitting image to talk about self-discipline? Why or why not?
3. According to the passage, how does Paul exercise self-discipline in his own life?

Explore

1. If you had to rate your physical health and fitness on a scale of 1 to 10, how would you rate yourself?
2. When it comes to your physical health and fitness, what good habits have you established? What habits do you need to establish?
3. How have you seen self-discipline connected to cultivating physical health and fitness?
4. In 1 Corinthians 6:20, Paul exhorts the church in Corinth to honor God with their bodies. Although in this verse's context he is talking about fleeing from sexual immorality, do you think caring for our physical health and pursuing physical fitness can also be a way of honoring God with our bodies? Why or why not?

Pray

- Are there ways in which we have not honored God with our body that we need to repent of? Take time to confess and ask God for forgiveness for the times we may have dishonored God with our body. Ask God to reveal to us how we could be better stewards of our body.
- What are the ways in which you can seek to improve on your health and fitness this week? It could be anything from going for a short walk each day to fasting from sugary snacks/drinks for a week. Set a goal and exercise self-discipline to be intentional in fulfilling that goal. Do it together as a small group until the next time you meet and keep each other accountable. Then, at the next meeting share your experiences