



Cindy Crawford recently said “Aging is what happens if we’re lucky; it means that I’m alive.” Young and old, we are unhappy with our bodies. Sometimes they don’t work. Sometimes they don’t make sense. Your body has meaning, purpose, and a future. And to prove it...our Lord has one too.

These questions are intended to deepen your experience of the message. Use them for your personal or family study time, or with an open Bible as you share the good news with your neighbor.

Group Ice-Breakers:

(1) How do you feel about your body?

(2) Look up “Isenheim Altarpiece” and discuss the image of Jesus (with sores all over). How does Jesus’ body help us identify with him? How did it help him identify with us?

SEEING OUR BODIES AS GOOD. Read **Genesis 2:25**. Discuss why this verse sounds so foreign to how we think and act today. Follow up: **Read Gen 1:31; 2 Jn 7**. Do you see your body as “very good”? Why or why not?

SEEING OTHER BODIES AS GOOD. Read **1 Cor 6:15-18; Song of Solomon 4:9**. Why is porn such a big problem? John Paul II said “the problem is not that it reveals too much, but that it reveals too little.” Do we fail to see other bodies as “very good” by reducing them to outlets for our desires? How would things be different if we considered each other as “brothers” and “sisters” first?

FALLEN BODIES. Read **Gen 3:7-11**. Why do Adam and Eve see their bodies so differently? Follow up: **Read 1 Cor 6:20; Rom 6:12-23; 8:25-27; 12:1; Phil 1:20**. Paul says we are all slaves to something or someone. Discuss this point. Paul wanted to train his body to act as it should. Think of how everyone believes there are limits to what you should do with your body. Who sets these limits?

JESUS HAD A BODY. Read **John 1:14; 1 John 1:1; John 20:24-29**. Reflect on the fact that God the Son (Jesus Christ) took on a human body. Why is this fact important? Does Jesus still have a body? Discuss.

THE FUTURE OF YOUR BODY. Read **Rom 8:23, 29; 1 Thess 5:23**. Paul says we await the “redemption of our bodies,” not “from” our bodies. Why is this important? What do these verses say about a future for your body? Follow up: **Read 1 Cor 15:12-58; Phil 3:21; 1 John 3:2**. How will our bodies be changed? Our bodies will be like Christ’s body. Discuss the hope that comes from this.

IN THE MEANTIME. Read **Luke 22:19-20**. How is the communion a reminder that, when we can’t find value in our own bodies, we find value in Christ’s body? Follow up: **Read Rom 12:5**. Why is the church called the “body” of Christ? Jesus’ body felt pains and hurts. How do our shared pains and hurts as one body offer hope?