

10 ESSENTIALS FOR MEN

Body | Week One

1. PHYSICAL

Thought

Up to this point, maybe you have considered your physical body secondary to your soul or spirit and focused more on internal growth. Or you've emphasized honing your physical body through a strict diet and exercise but neglected the unseen parts of yourself. We must understand that both parts are equally important. God created a unique physical body for us using the same care and intentionality he used to create our personalities, gifts, and passions. The Bible tells us that our bodies are the physical dwelling place of God's spirit. This means that the Spirit of the one, true, living God takes up residence, not in church buildings, but inside of us. This means that our bodies are the primary way God's spirit can minister to His children in a physical world. With that in mind, let's decide to be intentional in caring for and maintaining our bodies so that we can be practical hands and feet of Jesus.

Scripture

"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

Discussion Questions

- What are some characteristics that come to mind to describe a body where the Holy Spirit can flourish?
- What are some things our culture teaches about our bodies that are inconsistent or contradictory to what God says?
- What adjustment or change will you make to honor God with your physical body? (Ex. how much/little you sleep, your approach to exercise, etc.)

Action Step

Select one habit that would honor God by bringing a higher level of care to your body, make a plan to implement it, and share with a trusted friend (male) to bring accountability to this area.

